

Marshall Milton Keynes AC

Rules for the gym

- U18s cannot use the gym unless a coach is present. U18s can only book sessions in the gym via their coach.
- Coach/user unlocking the gym must open both shutter doors before other athletes can enter.
- A maximum of 6 people can be in the gym at any one time (4 equipment users and two coaches/spotters). Social distancing with a minimum of 2m must always be maintained.
- Where athletes work in pairs, a bubble of two athletes must be created. Athletes cannot swap between bubbles during a session.
- There are 4 stations. When booking, coaches/users must specify which stations they wish to use in their given sessions.
- Heavy weights should only be used in stations where safety catches are fitted correctly (each station will be labeled).
- The rope climb, medicine balls and aerobic mats must not be used. Users must bring their own mats.
- When weights are swapped between stations they must be disinfected first.
- All equipment within a given station must be disinfected before and after use by the user.
- Once rules are read and understood a separate waiver must be signed and sent to the following e-mail: lewisbarnes1995@gmail.com
- Disinfectant, wipes and blue roll will be supplied by the club, if you notice anything running low then please inform Lewis Barnes.

For bookings by a coach or senior athlete, please give the following information.

- Date and time you wish to use the gym.
- Names of users and coaches
- If bubbles are to be used, the pairs must be given. A new bubble, containing an athlete from an existing bubble, can only be formed after a gap of 7 days.
- Which stations you wish to use.

Contact Lewis Barnes via the following,

Text/WhatsApp- 07871157942

Email- lewisbarnes1995@gmail.com

Please only email if text/WhatsApp is not possible.