



## **CODE OF CONDUCT AEROBIC STUDIO**

- All procedures, regulations & guidelines set in place in Clann Fitness to be followed & adhered to in relation to Covid-19. These will be updated accordingly in line with government announcements.
- Booking system is in place and all users must book their class or timeslot to use Clannlife Fitness, Terms & Conditions & Covid Screening must be agreed to in order to complete your booking.
- Under 16's are not allowed in the Aerobic Studios or participate in classes.
- No mobile phones, cameras, laptops or any recording equipment allowed in the studios.
- No food, chewing gum, hot drinks, or glass allowed in the studios with the exception of water in a water bottles.
- All users must complete a screening form before participating in exercise in the classes.
- Please be on time for your class, you may not enter once the class has started.
- Appropriate workout attire including trainers must be worn in the studio.
- If you become or feel unwell during a class, please inform the fitness instructor.
- If you need to leave the class at any stage please do so without interfering with the class, however, you may not return till class is over.
- Your own Water, personal towel, Pilates Mat (where appropriate) should be used in class.
- Please return all equipment to the correct dedicated place after use as instructed by fitness instructor. (if in use in line with Covid-19)
- You must stay for the cooldown at the end of the class unless you have to leave for health reasons as mentioned above.
- Please do not congregate before or after class during Covid-19 and please respect social distancing and face covering rules as set out by Clannlife Fitness.