



ENERGY SAVING AND WASTE MANAGEMENT

At Clannlife Fitness we are committed to Energy and Water conservation as we strive to keep our costs at minimum by doing the following:

Reception & Changing room area:

- Our old light fittings were a 258 Watt florescent tube which only lasted a year we have now changed all our light fittings to a 40 watt LED Panel which last from 5-10 years.
- We encourage members to recycle any plastic cups/bottles in our designated bins in the reception and changing room facilities & we have eliminated plastic cups and members must bring their own water bottles now.
- Every morning we run our showers and tap water in the changing room and disability toilet to help prevent legionaries' disease. This is part of our opening procedures.
- Our showers are push button hence reducing water usage/wastage.
- Our computer at our main reception is turned off at close of business and not left on standby & we provide paperless billing to members as much as possible by using text and email & we have waterless urinals to help reduce water waste.

Pool area & Plant room:

- Our steam and sauna have been supplied with new fittings and a de-scaler/water softener, we backwash in line with industry requirements. This is based on usage/Pool readings/Filter pressure & we have a panel in place in the pool plant where we record alternating filters used for backwashing.
- We also have new light fittings in place in the plant room (40 watt LED as above).
- Lights are switched off in the plant room when not in use as signs in place.
- We have Jacuzzi and hydrotherapy features on push button and timer mode.

Gym & Studios:

- All light fittings have been changed in the gym and studios to 40 watt LED.
- Recycling bins are now in place on the gym floor to encourage recycling.
- Our heating/air con systems are automated to shutdown at close of business and restart 1 hour before opening & the computer in the manager's office is shutdown when not in use (not left on standby).
- Members are encouraged to turn off TV'S and lights in studios when not in use (signage in place) & staff actively turn off any equipment not in use during the day and all equipment is powered off at close of business.

Niamh Fay

Leisure Club Manager

Evan Mahon

Assistant Leisure Club Manager

Updated January 2023
Evan Mahon
Quality Standards Co-Ordinator