



**Getting you
stronger,
healthier
and
happier
post
lockdown...**

We've got COVID-19 covered.



The health and well-being of our members has always been the most important thing to us, after all it's what we're there to improve.

Following government advice in March, it was entirely necessary to close the Studio to protect everyone from the health risk of COVID-19.

Since then, we've been working hard to provide the best possible online service, the only equivalent when "normal" training was impossible. We've also been planning our comeback and thinking of new ways to make our service even better, and ensure our Studio remains the best in the area.

When we can fling our doors back open all of you will see the huge efforts we've been planning to make it as safe as possible. We're now beginning a phased reopening, and our "full" re-opening date will be kept under regular review following the advice given to us.

We have built our business through the sense of community we all share, and we will continue to do so to make sure all of our Hall Training family are kept safe and well.

STAY SAFE AND SEE YOU SOON

A handwritten signature in black ink that reads "Chris". The signature is enclosed within a large, thin, black oval stroke.

Chris Hall - founder





Our plans to keep you safe

We'll be doing everything we can to reduce the physical touch points for our staff and guests and enhancing our already rigorous cleaning routines to make sure you're as safe as possible while you're training with us.

Here are just a few of the initiatives we'll be introducing.

Before we reopen

We'll be doing a little more than getting the Studio looking spick and span although of course that will be happening! All areas have received a deep clean, and hand sanitisers will be available at both entrances and exits. We've also closed the shower rooms and communal areas until it is safe to reopen them.

Once we're back in business

There will be changes to the way we operate and you'll most likely notice enhancements to our already very strict hygiene routines, especially around the high touch and traffic points.

We've asked all our members to stay in their cars until their session start time and wash their hands with soap and water before and after training. Hand sanitiser and disinfectant wipes are available for use during sessions, and sessions will be strictly limited to 50 minutes to ensure time for thorough cleaning between clients. Sessions will be staggered by 30 minutes to eliminate crossover of members in the toilet areas. All of our team will respect social distancing, and we've asked our members to do the same.





Our phased approach

As much as we'd love to be operating like we used to, it's just not possible in these times.

Therefore, we're planning a phased reopening, and will progress through the phases according to government advice.



PHASE

01

We will be carrying out 1-on-1 sessions only in the outdoor area immediately outside the studio, allowing our members to make full use the gym equipment in a safe environment.

There will only be two trainers on site at any time, one at each end of the studio, and each trainer will have a dedicated entrance to avoid any crossover between members.

Once mixing between households becomes possible, we will move to offering both 1-on-1 and 2-on-1 sessions. There will still only be one trainer at each end of the studio with their own dedicated entrance. Sessions will be held outside with each client having their own training area and full set of equipment.

Once we are able to move inside, each client will work within their own rack to eliminate the need to share kit - all racks are 3m apart.

PHASE

02





PHASE

03

When it is safe to do so we will reintroduce our small group 4-on-1 sessions, ensuring limited capacity so that social distancing can be observed. Again, these sessions can be carried out outdoors, or indoors once restrictions have been lifted.

As we're coming into the summer season, we envisage being able to have the roller shutters open to create an "outdoor" environment until we are able to train inside again.



Our 6 steps for safety

Here are the steps we are introducing to ensure our environment is set up for the safety of our members:

01 / INFRARED TEMPERATURE CHECKS
We will check our members temperature on arrival

MANDATORY HAND WASHING / **02**
Clients will be required to wash their hands before and after their session

03 / STAGGERED SESSION TIMES
Sessions will be staggered by 30 minutes to reduce crossover of members

REDUCED SESSION TIMES / **04**
Sessions will be reduced to 50 minutes to allow time for cleaning between clients

05 / HAND SANITISER STATIONS
A number of hand sanitisers and disinfectant wipes are available for members to use during sessions

RESPECTING SOCIAL DISTANCING / **06**
Our team will respect the social distancing guidelines, and members will have their own rack and area to train to ensure social distancing