

Bethnal Green Weightlifting Club
COVID-19 Training Agreement

All Government and Public Health England safety guidelines and advice are to be followed at all times. Social distancing must be maintained at all times per current Government and Public Health England directions.

Bethnal Green Weightlifting Club will be implementing the following procedures:

General Restrictions

- Max 10 lifters per session
- Sessions to be agreed in advance.
- If any gym user experiences Covid-19 symptoms, they must inform the Coaches and self-isolate as per the government guidelines.
- Changing Rooms and Showers will not be available
- Toilet facilities will be restricted to one user at a time
- Lifters should bring their own water, no other food or drink permitted.
- No shared chalk – lifters who prefer to use chalk should bring their own.
- No socialising – lifters must leave the gym as soon as individual training has been completed

Before Training

- Liaise with Martin or Sauro for 'Back to training' discussion
- Read and sign this training agreement

While Training

- Use provided sanitiser on entering and leaving gym
- Each lifter will be assigned a platform, they may not use any other.
- One lifter per platform
- No sharing of bars
- No spotting or handing over Dumbbells or Bars.
- No weight to be loaded which may require spotting
- Clean your own bar and weights **before and after** use.

Please sign below to indicate that you have read, understood and will comply with these requirements.

NAME	
DATE	
SIGNATURE	