



Dundonald Hall Rules and Regulations During COVID-19

1. Facility is booked and allocated by unit only, there will be no individual workout bookings at this time.
2. Allocations are by the hour. Once you are at your workout POD or station, you are not able to switch stations. You will have 45 mins to workout, with 15 min cleaning time allotted.
3. Clients must clean all equipment before and after use.
4. Sanitize hands often.
5. If you are registered for front facility (Weight Room, Cardio Room or wood floor gym), you will use the front entrance for Dundonald Hall.
6. If you are registered for back facility (Fieldhouse, Spin Room, Fitness Pods), entry will be large bay door at back of Fieldhouse.
7. Clients cannot switch between back and front facility.
8. Clients cannot share equipment with a buddy.
9. Clients cannot share PODS.
10. You are unable to spot at this time during strength training.
11. Weight Room is a mask free zone as long as clients maintain 2m distancing.
12. You are able to bring your personal workout equipment to use in the facility.
13. Chalk will not be available, but you are able to bring your own if you like.
14. Mountain bikes are available for sign out by calling ext.7002. There are 15 available.

Please give us your suggestions and feedback moving forward!