

## RE-OPENING OF FERMANAGH LAKELAND FORUM FACILITIES

### **General Centre Guidance**

All sessions must be pre booked and paid for at the time of booking. Sessions can be booked up to 24hrs prior. Bookings can be made in person, by telephone 02866 324121 or online at [lakelandforum.com](http://lakelandforum.com).

Please use contactless methods of payment where required. Sanitise your hands-on arrival to the Centre. Please follow the one - way systems in place, do not congregate in one area.

Please do not come to the Centre if you are displaying any of the following signs:

- A high temperature
- A new continuous cough
- A loss or change to your sense of smell or taste

All users of the centre must adhere to instructions of staff supervision on site.

### **Guidance for customers attending Fitness Suite or Classes**

FODC's Fitness Suite and Classes have been modified to ensure Social Distancing between Customers. A daily cleaning schedule is in place to ensure that the Fitness Suite and Class areas are hygienic and safe for you to use.

You must book in advance. Fitness Suite slots will be available on the half hour for an hour period. If you require additional time you must book into the additional timeslot.

Please use contactless methods of payment where required.

You should arrive changed and ready to exercise – bring your own water bottle and mat or towel if you need them. Our water fountain, Changing Rooms and Showers will be out of use until further notice. Only bring essential personal items into the Centre and keep them beside you.

Please also Wipe down equipment before and after use

#### **Free weights:**

- Wipe down and dry free weights before and after use.
- Do not set up equipment in advance of using it.
- Adhere to maximum numbers in the area.
- No spotting

#### **Classes:**

- Stay in your allocated zone
- Do not swap equipment with other Customers
- Follow Staff instructions

## **Guidance for customers attending the Swimming Pool**

### **Booking:**

- All visitors attending the centre for a swim must book beforehand.
- Customers can book online if they are coming as individuals if you are coming with family members who don't have log in details it is best to ring into the Centre.
- Customers must not arrive more than 10 minutes before their allocated swimming time – sessions will last a maximum of 60 minutes.
- Members attending the centre must have their member card with them and use on the turnstile to gain access.
- Pay as you go customers must report to and sign in at reception before being allowed access.

### **Changing Rooms:**

- Whilst in the centre, to keep yourself and others safe, you must always maintain appropriate social distancing at all times.
- Please use all available hand hygiene stations provided throughout the centre.
- Please arrive ready to swim and wear your swimwear underneath your clothes to the swimming pool.
- Please reduce the amount of time spent in the changing rooms and only use the showers to rinse.
- If using the showers/toilet/washbasin facilities, please only use those made available and abide by social distancing measures to keep yourself and others safe at all times.
- Please only use the allocated lockers available.
- Whilst changing please keep a distance between yourself and others and abide by the signage on the benches.

### **Swimming Pool:**

- Entry and Exit to the swimming pool will work on a one-way system, with entry via the steps at the shallow end (right-hand side of pool) and exits from the left-hand side of the pool. Please look out for and follow signage at all times.
- The swimming pool will be separated into 3 lanes, with a maximum of 20 in the pool.
- All Bathers in these lanes will be expected to swim in a clockwise direction - following the directional signage at all times.
- No overtaking is permitted whilst swimming in these swimming lanes.
- If resting at the end of the swimming lane, please maintain a distance from others and stand off to the side to allow for safe passing.
- Please remain in the swimming pool at all times during your swim.
- No diving is allowed at any time in any area of the swimming pool.
- Butterfly stroke is not permitted whilst swimming in the swimming lanes.
- Water fountains will not be in use and therefore you must bring your own individual water bottles with you if you require a drink during your session (Only plastic water bottles allowed).
- Swimming aid's and equipment will still be made available and are allowed. Please use only your equipment and do not share these with others.

## Guidance for customers attending 3G Pitches

The Fermanagh and Omagh District Council 3G pitches at Fermanagh Lakeland Forum are available for registered club bookings as per the approval issued by NI Executive and within Council policies and procedures and as guided by Sport NI and the Irish Football Association.

- Advance booking is required. No one is permitted to arrive at the pitches without having pre-booked or pre-paid.
- Pitches will be confined to units for training up to 30 per half of 4G or 30 for 3G which will include coaches as well as any other individuals on the pitch.
- Players must arrive changed as there will be no toilets or changing provision.
- There will be no First Aid provision, teams must have their own arrangements in place.
- Players should use the normal entrance gate to each pitch and leave the pitches via the marked EXIT gate.
- **Players must:**
- Use the allocated pitch for the time session booked which will include time for arrival and departure.
- Use their OWN footballs, bibs and whistles.
- Wear the correct footwear. Metal/steel/aluminium boots or blades must not be worn by anyone at any time on the 3G surface.
- Use the sanitiser available at the entrance gates, but players can bring their own supply and should also clean their equipment at home before and after play.
- Maintain social distance at all times do not congregate before or after the booking
- Name & telephone numbers for each player to be retained by the club/group booking officer in case of contact tracing.
- Payment will be via card or approved club account.
- Bookies must confirm in writing that they will adhere to the above guidance  
[forum.bookings@fermanaghomagh.com](mailto:forum.bookings@fermanaghomagh.com)

# Keep Safe. Save Lives.



Wash your  
hands regularly



Wear a face  
covering



Keep a safe distance  
from others