

Fermanagh Lakeland Forum

Guidance for Customers Attending the Centre



Bookings:

- Pre booking is required.
- Bookings can be made 24 hours in advance for individual training session in the fitness suite, swimming pool and outdoor classes.
- Bookings can be made at reception, over the phone 02866 324121 or online on our online booking system: lakelandforum.com
- Please use contactless methods of payment where required.
- Members attending the Centre must have their member card with them and use the turnstile to gain access.
- Pay as you go customers must report to and sign in at reception before being allowed access.
- Stand behind the purple line to swipe your card or ticket for turnstile access.
- Only one person is permitted through the turnstile at any one time.
- 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.

Fitness Suite & Outdoor Classes:

To ensure your safety our Fitness Suite has been professionally cleaned and all the equipment has been well spaced out so you can feel safe as you enjoy your workout. There is a strict cleaning regime for staff and we appreciate the contribution of our customers in wiping down their equipment before and after use. Guidance to note:

- Pre booking is required.
- Fitness Suite slots will be available on the half hour for an hour period. If you require additional time you must book into an additional timeslot.
- 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
- 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
- Classes: Do not swap equipment with other Customers
- Classes: Follow Staff instructions

Swimming Pool

Current restrictions only individual lane swimming is permitted, no family swims or swimming lessons are permitted at this time. Guidance to note:

- Pre booking is required.
- Customers must not arrive more than 10 minutes before their allocated swimming time – sessions will last a maximum of 60 minutes.
- Children over 8 years old who can swim 100m without stopping can book as an individual.
- Please arrive ready to swim and wear your swimwear underneath your clothes to the swimming pool.
- Please only use the showers to rinse. The use of shower products are prohibited.
- 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.
- 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 a fast, medium and slow lane with a maximum number of users in each lane.
- All Bathers in these lanes will be expected to swim in a clockwise direction
- 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.

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
- To directional signage
- Wearing a face covering until using the gym or pool
- Failure to comply with the guidance puts yourself and others at greater risk and will have consequences

