

COVID-19 Terms and Conditions

- 1.1 In using Qmotion's facilities you are agreeing to abide by these terms and conditions. These terms and conditions supersede any previous or alternative terms and conditions.
- 1.2 You must not come to Qmotion if you:
 - Are experiencing any COVID-19 symptoms
 - Are self-isolating as a result of COVID-19 symptoms or sharing a household with someone with symptoms
 - Have been advised to self-isolate by the NHS track and trace service
- 1.3 Anyone using the gym must adhere to social distancing guidelines, including any queues for entering the gym.
- 1.4 Some equipment may not be made available, and some areas of the facility may remain closed or will operate at a reduced capacity. You must respect these restrictions and not try to use equipment or parts of the facility that Qmotion management have requested not to be used.
- 1.5 You must use the hand sanitiser provided by Qmotion before entering the facility, and at regular intervals while using the facility.
- 1.6 You must wipe down all touch points on equipment before and after use with disinfectant spray and paper towel provided by Qmotion. All used tissues must be disposed safely into a bin.
- 1.7 Lockers in the changing rooms must be wiped down before and after use with disinfectant spray and paper towels provided by Qmotion.
- 1.8 You must not share equipment with anyone, even if you are from the same household or bubble.
- 1.9 Anyone requiring assistance with spotting during free weight exercises, e.g., bench press should ask a member of staff. Where staff are not available it will be permitted for another gym user to assist however this is to the complete discretion of the user. During the performing of an exercise with assistance, all users will be required to wear a suitable face covering throughout the exercise's entirety.
- 1.10 Personal information of all Qmotion users will be collected and used to support the NHS Test and Trace service. This includes:
 - Name
 - Contact number
 - Email address
 - Details of attendance at Qmotion

- 1.11 Suitable face coverings must be worn whilst in the facility. This includes when entering the facility, in changing rooms and communal areas and when in all workout areas. Face coverings may be removed during exercise.
- 1.12 You must let us know immediately if you have been inside Qmotion within 14 days of receiving a positive COVID-19 test result.