



Heron's Fitness Coronavirus update

At Heron's Fitness our primary concern is the safety and wellbeing of members and staff. As such we would like to inform you of the measures we are taking to ensure our facility remains safe for the public. Heron's Fitness is closely monitoring and adhering to advice given by PHE (Public Health England) and appropriate signage can be found around the facility.

The best thing you can do to help yourself and others in our facility is to familiarise yourself with the updated cleaning procedures and by following government advice if you feel unwell.

We are asking all our users not to come in if you feel unwell. That old saying, 'I'll go sweat it out' could potentially be extremely dangerous for others so please only come along if you are feeling fit and healthy.

If while at the facility you feel unwell please inform a member of staff while maintaining a distance of 2 metres to reduce the risk of infection spreading.

We have drastically ramped up our cleaning schedule, which include daily deep cleans, surface disinfecting, and additional steam cleaning, and will commit to doing even more as and when government guidance changes.

The decision has been made to put a maximum capacity on gym and swimming usage.

*We are not allowing family swims at present
– the swimming pool will be strictly lane swimming only.*

Max Gym Num.: | Max Swim Num.:

25 | 15

