

Energy Box Rules and Guidance

General

- Sanitise on entrance and exit to all spaces
- Maintain social distancing at all times
- Waiting in any part of the facility is not permitted. Please turn up 'on time'
- Payment by contactless is preferred
- Pre-booking is required in all areas of the facility
- A contact number is required for all customers or lead bookers to enable us to fulfil our obligation to the government to track and trace
- Users are required to arrive 'ready to play' as changing rooms will be closed (only available on request)
- If you start to suffer from any of the covid symptoms please do not enter the facility
- Spectators are not permitted throughout the facility

Gym

- Pre- booking is required
- Gym slots commence at 45 minutes past the hour (eg 5:45pm-6:30pm)
- All slots last 45minutes, enabling a 15-minute window for EB to clean down the equipment
- Maximum of 8 users in the gym
- Both gym doors will remain open at all times for ventilation
- Users are required to sanitise before entry
- Users are required to maintain social distancing from other users at all times
- No music will be played by the Energy Box, personal ear phones are permitted
- All machinery is wiped down by customers before and after use
- Customers are required to exit on time through the sports hall
- Air conditioning will be switched off

Studio

- Attendees are to pre-book either over the telephone or in person
- All attendees are to sign in at reception and arrive no earlier than 5 minutes prior to start time
- Maximum occupancy for individual classes will vary depending on the activity
- Users are required to sanitise before entry and on exit
- Social distancing must be adhered to at all times by following the floor markings
- Providing your own mats is preferable
- All used equipment is to be placed in the drop box to be sanitised after use by EB staff
- Attendees are not permitted to touch any equipment in the drop box
- The studio doors will remain open at all times for ventilation
- Attendees will be required to exit promptly

3g pitch

- Pitch hire will reduce to 50minute bookings to avoid crossover of groups
- Users are required to sanitise before entry
- Users are required to leave the 3g and vacate the premises promptly
- Card payment is required from the lead booker prior to booking time
- No hire of any equipment including ball and/or bibs is permitted

Sports hall

- All hire is to be pre-booked
- Hire slots will reduce to 50 minutes on the hour to avoid crossover of groups
- All National Governing Body 'Return to Play' guidelines are to be adhered to at all times
- Hirers will exit the sports hall via the fire exit
- Hiring of equipment is not permitted