

COVID-19 RE-OPENING PLANS TO RESUME OPERATION

CAVAN REGIONAL HEALTH SPORT & LEISURE CLG

Website: Cavanleisure.ie

Email: cavanleisurecentre@hotmail.com

Facebook: Cavan Leisure Complex 049 4362888



NO SPECTATORS ALLOWED, ONLY THOSE USING THE FACILITY WILL BE ADMITTED.

SWIMMING OPENING HOURS

DAY	TIMETABLE:
MONDAY	7.00 AM – 9.00 PM. (50 min sessions)
TUESDAY	8.00 AM – 3.00 PM (50 min sessions) 5.00 PM – 9.00 PM. (50 min sessions)
WEDNESDAY	7.00 AM – 4.00 PM (50 min sessions) 5.00 PM – 9.00 PM(50 min sessions)
THURSDAY	8.00 AM – 3.00 PM (50 min sessions) 5.00 PM – 9.00 PM. (50 min sessions)
FRIDAY	7.00 AM – 9.00 PM. (50 min sessions)
SATURDAY & SUNDAY	10.00 AM – 4.00 PM (50 min sessions)

GYM- ASTRO TURF- BOWLING GREEN OPENING HOURS

DAY	TIMETABLE:
MONDAY – FRIDAY	7.00 AM – 9.00 PM. (50 min sessions)
SATURDAY & SUNDAY	10.00 AM – 4.00 PM (50 min sessions)

BOOKING SYSTEM:

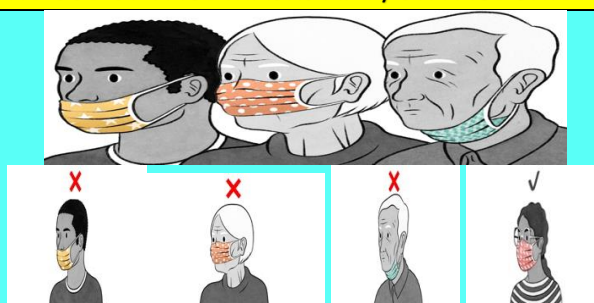
- Book online ONLY - cavanleisure.ie or on our Facebook page for the Pool and the Gym.
- A Covid-19 'Self-Declaration Form' must be completed on each booking. This is a mandatory requirement for contact tracing.
- Sports hall, Astroturf and Bowling Green bookings must be made over the phone – call 049 4362888. The lead contact for the group must complete the Covid 19 Self Declaration Form and is responsible for the group. This form is available on our Website / Facebook or at Reception.
- **PLEASE ADHERE TO ALL OUR COVID-19 MEASURES IN PLACE**

COVID-19 has caused an overwhelming disruption and will have staggering effects on how we run our day to day lives and businesses.

Cavan Leisure Complex has measures in place to ensure the safety and wellbeing of our staff and customers whilst complying with Government Health & Safety Guidelines.

Covid-19 cannot be eliminated but it can be mitigated and minimised with the correct measures and communications in place.

THE USE OF FACE MASKS AND/OR FACE SHIELDS



MASKS MUST BE WORN WHEN ENTERING AND EXITING THE BUILDING AND IN AREAS WHERE SOCIAL DISTANCING IS REDUCED

Cavan Regional Health Sport and Leisure CLG will where possible ensure social distancing is paramount. The use of face masks/ shields will NOT be seen as an alternative to social distancing.

Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).

Face coverings are NOT recommended to be worn by children under 13 years.

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MEMBERSHIP INFORMATION

The management and staff of Cavan Regional Health Sport and Leisure CLG would like to welcome our members back as announced by the government.

Our facility will open Tuesday 8th June 2021 for the Pool-Gym-Astro Turf-Bowling green

Our facility and services will be reduced capacity in this phase.

OPTIONS AVAILABLE TO MEMBERS:

Option 1:

We can reactivate your Membership at reception and extend for the number of weeks you have missed.

Option 2:

Due to the reduced hours and services on offer we understand that this may not be suitable for everyone or some may be anxious about returning at this present time.

Any member who wants to put their membership on hold we understand and when services have resumed fully we will extend your membership for the weeks missed.

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SWIMMING POOL

NO SPECTATORS ALLOWED, ONLY THOSE USING THE FACILITY WILL BE ADMITTED.

DAY	TIMETABLE:
MONDAY	7.00 AM – 9.00 PM. (50 min sessions)
TUESDAY	8.00 AM – 3.00 PM (50 min sessions) 5.00 PM – 9.00 PM. (50 min sessions)
WEDNESDAY	7.00 AM – 9.00 PM. (50 min sessions)
THURSDAY	8.00 AM – 3.00 PM (50 min sessions) 5.00 PM – 9.00 PM. (50 min sessions)
FRIDAY	7.00 AM – 9.00 PM. (50 min sessions)
SATURDAY & SUNDAY	10.00 AM – 4.00 PM (50 min sessions)

PROCEDURE FOR USING THE SWIMMING POOL:

Please note due to Government Guidelines

- MAIN POOL - OPEN
- KIDDIES POOL - OPEN
- WATER SLIDES - TEMPORARILY CLOSED
- SAUNA - TEMPORARILY CLOSED
- STEAMROOM - TEMPORARILY CLOSED
- JACUZZI – WILL OPEN (INDIVIDUAL USE ONLY)

COVID-19 GUIDELINES RESTRICTIONS IN PLACE:

- ALL Swimming Pool Bookings (50 minute slot) must be made online and the Covid-19 Self Declaration Form completed this is a Mandatory Requirement for each booking. Booking is ONLY on an Individual basis.
- If you cannot access online bookings ring reception on 049 4362888
- Be prepared on arrival – Have your Swim Gear on under your clothes, Swim hats/Goggles on.
- **50 MINUTE SESSION – ARRIVE 10 MINS BEFORE SESSION IN ORDER TO CHECK IN AT RECEPTION**
- Show your confirmation of booking to staff.
- All children under 8 years must be accompanied by an adult and stay within arm's reach at all times.
- Swim caps must be worn and can be purchased at reception.
- Teach your child how to put on their own swim hats and goggle's - Staff will not be able to assist them.
- Respect Government Guidelines on social distancing – this will be enforced by management and staff.

PROCEDURE ON ARRIVAL:

- Enter through the ramp access which will be clearly marked out.
- Proceed up the ramp respecting social distancing.
- Avoid touching hand rails or other surfaces if possible.
- Continue through the front door to reception desk to pay (CONTACTLESS if possible).
- After payment is made, return to THE line and follow floor markers down the viewing area corridor.
- On arrival to the viewing area the staff will direct you to the 'Changing booth area'.
- Change out of your clothes (Swim gear will be worn underneath), put all personal belongings and clothes into your bag.
- **DO NOT BRING ANY VALUABLES TO THE FACILITY AS LOCKERS ARE NOT AVAILABLE**
- Remove bag from changing booth area and continue to 'Bag drop off point'.
- Continue through viewing area to poolside to enter pool.
- 50 minute SWIM sessions will be in place, 10 minute buffer.

PROCEDURE FOR EXITING THE SWIMMING POOL:

- The Lifeguard will sound the alarm/whistles to evacuate the pool after 50 minutes.
- Patrons must leave the pool and one person from the family collect the bag from the 'Bag drop off point'.
- Proceed to changing room, respecting social distancing at all times.
- Our changing rooms have been modified to comply with government guidelines on social distancing.
- Partitions are now erected and floor markings in place.
- Showers will be available NB (No showers during Group or Swim Lessons)
- **DO NOT DELAY** and leave the changing rooms promptly as directed by staff.
- Exit the building via the front steps – follow the signs.
- If you have a buggy continue left and follow the signs down the ramp.
- All areas will be have a stringent disinfecting and cleaning regime after each session

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OPENING HOURS

DAY	TIMETABLE:
MONDAY – FRIDAY	7.00 AM – 9.00 PM. (50 min sessions)
SATURDAY & SUNDAY	10.00 AM – 4.00 PM (50 min sessions)

PROCEDURE FOR USING THE GYM:

BE READY TO GO, BE PREPARED TO QUEUE, PROPER SPORTS GEAR FOR GYM FOLLOW THE ONE WAY SYSTEM IN PLACE - NOTE YOU CAN ONLY BOOK ONE AREA AT A TIME, GYM ONLY OR POOL ONLY.

Please note due to Government Guidelines:

- 50 MINUTE SESSION – ARRIVE 10 MINS BEFORE SESSION IN ORDER TO CHECK IN AT RECEPTION
- CARDIO VASCULAR EQUIPMENT – EVERY 2ND MACHINE WILL BE IN USE
- WEIGHTS EQUIPMENT - RESPECT SOCIAL DISTANCING
- SHOWERS – TEMPORARILY OUT OF USE (Early morning gym users will be permitted to use showers before going to work)
- WATER COOLERS (BRING OWN BOTTLE)
- LOCKERS – TEMPORARILY OUT OF USE
- GYM CHANGING ROOMS - TEMPORARILY OUT OF USE
(Early morning gym users will be permitted to use showers before going to work)
- NO SPOTTING ON WEIGHTS STATIONS

As Covid-19 is a virus, changing rooms, water coolers, hand and hairdryers are not available at present.

- Book online (50 minute slot) and complete the Covid-19 Self Declaration Form.
- Patrons with no access to online bookings ring reception on 049 4362888
- On arrival be ready to go in proper gym gear.
- Bring your own towel and a bottle of water
- All valuables to be left at home, lockers and changing rooms will not be in use.
- Changing rooms will be available for toilet use only (1 PERSON AT A TIME)
- All patrons must be over 16 years of age, I.D. may be required.
- Those using the gym for the first time must complete a 'Health Questionnaire' and complete a Gym Induction.
- Sanitise your hands as per HSE guidelines
- Respect social distancing at all times
- Move around machines and not superset with machines
- Patrons are responsible for cleaning their own equipment and place back equipment on appropriate racks

PROCEDURE FOR ARRIVAL AND DEPARTURE:

- Enter through the ramp access which will be clearly marked out.
- Proceed up the ramp respecting social distancing.
- Avoid touching hand rails or other surfaces if possible.
- Continue through the front door to reception desk to pay (Contactless if possible).
- Continue through the turnstile.
- Proceed up the gym stairs to the gym.
- Clean down each piece of equipment thoroughly after use, detergents and roll provided.
- Limit your time on machines, rotate, and respect social distancing at all times.
- After 50 minutes you will be directed to exit via the door opposite the lift and down the sports hall stairs.
- Leave through the reception area - Do not delay.
- Numbers in the gym will be restricted and some machines will be closed off in line with government guidelines.

STAFF IN THE GYM WILL BE MONITORING INFECTION CONTROL AND IMPLEMENTING GUIDELINES SET OUT BY THE HSE AND GOVERNMENT.

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SPORTS HALL CLOSED: WAITING ON GOVERNMENT ANNOUNCEMENTS ON INDOOR ACTIVITY



PROCEDURE FOR USING THE: ASTRO TURF – BOWLING GREEN:



- RING RECEPTION TO BOOK A SLOT 049 4362888 (Booking online currently unavailable)
- PERSONS MAKING THE BOOKING WILL BE RESPONSIBLE FOR COMPLETING THE COVID-19 'HEALTH QUESTIONNAIRE FORMS' FOR CONTACT TRACING FOR ALL THOSE ATTENDING.
- SPORTS HALL – OPEN
- UPPER LEVELS - OPEN
- SHOWERS – TEMPORARILY OUT OF USE
- WATER COOLERS (BRING OWN BOTTLE OF WATER)
- LOCKERS – TEMPORARILY OUT OF USE
- GYM CHANGING ROOMS - TEMPORARILY OUT OF USE
- TOILETS CAN BE USED BUT CLUBS SHOULD CONTROL PATRONS RUNNING IN AND OUT OF THE SPORTS HALL
- CLUBS MUST FOLLOW THEIR GOVERNING BODY PROTOCOLS AND SUBMIT THEM TO cavanleisurecentre@hotmail.com
- CLUBS MUST HAVE A COVID -19 OFFICER PRESENT DURING TRAINING.

BE READY TO GO, BE PREPARED TO QUEUE,

PROPER SPORTS GEAR FOR SPORTS HALL AREA FOLLOW THE ONE WAY SYSTEM IN PLACE

- Be ready to go in proper sports gear.
- Groups should follow current guidelines for their sport and then proceed to reception respecting social distancing.
- All valuables to be left at home
- Enter through the ramp which will be clearly marked.
- Proceed up the ramp follow ground markings and respect social distancing.
- Avoid touching hand rails and surfaces if possible.
- Wait on the floor markings (until directed to pay) or continue to the hall for your activity.
- Follow the National Governing Body Guidelines for your sport with reference to Covid-19.

PURPOSE OF THIS DOCUMENT:

The purpose of this document is to set out a framework for a standard approach to how we resume our facilities, in line with government advice.

1. Manage the Health & Safety risks of re-opening the facility
2. Minimise the risks to our employees, members and general public users.
3. Reduce the chances of Covid-19 recurring in the community.

MANAGING THE CHALLENGES:

- **MAINTAIN 'SOCIAL DISTANCING'** as recommended by the government and adhere to all signage and the One Way Systems.
- **HYGIENE:** Comprehensive cleaning regimes and sanitising measures have been put in place.
- **CLEANING REGIMES:** Employees have all been trained in relation to cleaning and hygiene procedures prior to opening to ensure best practice.
- **CAPACITY:** Due to social distancing guidelines, numbers will be restricted.
- **REPUTATION AND TRUST:** Operating our facility will not be the same. Government guidelines require facilities to implement risk control measures to ensure essential safe and strict hygiene measures are in place.

Our aim is to ensure our staff, members and customers gain trust and confidence with our reopening plan and work with us to provide a safe working environment whilst implementing new policies and procedures.

This is a working document and is subject to change in line with government guidelines.