



Advice & Guidelines
For
COVID-19
June 2020

development of safer standards

HOW WILL YOU KEEP THE GYM CLEAN?

It is impossible to keep any environment 100% clean, as evidenced even in hospital operating theatres. However, it is possible to make environments 'safe' by undertaking the appropriate cleaning and disinfecting measures. COVID-19 is easy to kill with most readily available domestic cleaning agents and with thorough hand washing with soap for 20 seconds or more. Coupled with safe distancing and avoidance of touching the face, together with other building environment measures, including good ventilation, a safe environment can be established and maintained.

CAN PHYSICAL ACTIVITY HELP AGAINST COVID-19?

Being physically fit is highly protective against a range of illnesses. It also boosts the immune system. COVID-19 particularly affects those with underlying health conditions, diabetes etc. and those overweight. Given that the virus is now considered to be 'endemic' within the community, it is more important than ever to maintain one's fitness.

CAN YOU PASS COVID-19 FROM SWEAT?

No, COVID-19 is not transmitted through sweat.

Don't forget, wiping sweat from your face could lead to the virus being passed from your hands to your face. So it is very important to regularly use hand sanitisers (60% alcohol +) and avoid touching your face as much as possible.

Real Bodies gym has added more hand sanitising stations so you can easily access these throughout your gym visit.

ARE GYMS HIGHER RISKS THAN OTHER ENCLOSED SPACES?

No, there is the same chance of getting COVID-19 in all areas indoors, the key is keeping social distancing in place, follow cleanliness guidelines and aerosolisation guidelines.

Risk is essentially divided between 'outdoor spaces' and the building environment, or 'indoor spaces'. R rate (the rate the infection is spread by one person) is much higher indoors, including within households, shops, and high-occupancy workplaces. Gyms fall into this category, especially due to the increased individual activity of the occupants, but this can be mitigated through the special measures being deployed and people following the guidelines put in place.

TRAIN ALERT - TRAIN SAFE

CAN I GET COVID-19 FROM THE AIR?

COVID-19 survives in droplets or possibly aerosols (very fine particles) and can be transmitted person to person via close contact.

At 2 metres distancing the majority of droplets fall to the ground and thus risk is greatly reduced.

Good ventilation can reduce this risk through dispersion and provision of HEPA (high-efficiency particulate air filters) and fresh air systems (or simply leaving windows open) can aid dispersion

Real Bodies Gym has high-grade air-conditioning systems including bringing fresh air from outside, which will significantly improve ventilation

References

¹ 2019 Novel Coronavirus (COVID-19) Pandemic: Built Environment Considerations To Reduce Transmission [Dietz L.](#), [Horve P.F.](#), et al *mSystems* (volume 5 issue 2)
4/7/2020 DOI: [10.1128/mSystems.00245-20](https://doi.org/10.1128/mSystems.00245-20) PMID: [32265315](https://pubmed.ncbi.nlm.nih.gov/32265315/)

Source: <https://www.ncbi.nlm.nih.gov/...> EISSN: [2379-5077](https://pubmed.ncbi.nlm.nih.gov/2379-5077/)

² Heater cooler units in hospitals, used in heart surgery for example, are known to harbour infective agents and can be a source of contamination by generating aerosols. (Infections Associated with Heater Cooler Units Used in Cardiopulmonary Bypass and ECMO Information for healthcare providers in the UK Version 2

A resource produced by Public Health England and partners)

³ A single air change is estimated to remove 63% of airborne contaminants, after 5 air changes less than 1% of airborne contamination is thought to remain.

SHOULD I WEAR A FACE COVERING?

A Face covering protects people from droplet spread *from an infected* person to another person.

It does not protect the wearer and safe distancing is probably of greater importance.

This is because the majority of droplets emitted will fall to the ground within 2 metres. Face covering will also compromise physical exertion and this has to be taken into consideration when training.

You can do so if you would feel more comfortable.

SHOULD I WEAR GLOVES?

No. Gloves should be reserved for those undertaking certain tasks and are worn in hospital environments, those caring for the sick, by cleaning staff etc. Gloves can harbour a high viral load and contaminate surfaces. The individual may also transfer from glove to face in a higher dose and not touching the face and washing hands thoroughly is far more important.

ARE CLOTHES INFECTIVE?

Clothes are considered to be a low-risk source of infection from COVID-19 and washing at 60c + kills the virus. However, they can become contaminated so should be handled with care and as always wash hands thoroughly after touching. Do not hand wash clothes. Changing clothes immediately after reaching home is strongly advised.

HOW CAN I REDUCE THE SPREAD OF INFECTION IN THE GYM TO HELP MYSELF AND OTHERS?

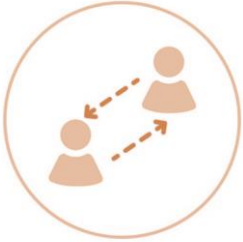
First of all, stay home if you have any concerns whatsoever that you may have contracted, or been in touch with anyone infected with COVID-19.

When in the gym, following the simple guidelines: keep your distance, wash your hands, and clean down kit before and after use with the new self-cleaning stations provided. Also, try not to talk directly to people face to face, rather to one side of each other. Shouting propels droplets further. If coughing or sneezing, do so into the inside of your elbow to catch droplets.

ARE SHOWERS SAFE?

There is no evidence that COVID-19 can be spread to humans through the use of showers, pools, hot tubs, or spas. It is, therefore, safe to shower but distancing is once again paramount as towelling down, etc., can spread contaminants. Thus, the important factor is maintaining safe distancing. For the time being, we encourage members to arrive and leave in gym kit wherever possible.





Keeping a safe distance

The whole gym, including all workstations, will be rearranged to ensure you can train safe. We'll also control the numbers in the gym at any given time.



Extensive and frequent cleaning

Your gym will be cleaned to non-clinical standards regularly throughout the day, with a full deep clean conducted every Day.



Self-cleaning stations

You'll find more cleaning and sanitising stations throughout the gym and at the main entrance. All kit must be wiped down before & after use.



Staff training

Staff will be fully trained on our cleaning and safety measures to ensure these are to the highest standard.



The new norm for Real Bodies Gym,
just some of our changes for
Everyone's Safety