



## Coronavirus Covid-19

## Facility Protocol

1. New You are currently operating a one way System through the facility, by appointment only. Entry to New You will be via the main door located on Lower Baggot St. Exit building via back door only. This exit leads on to Herbert Street.



2. Hand sanitiser and masks (own preferable) will be provided inside the front door. Both are compulsory if training indoors. Gloves will also be available.

5. Proceed to Your designated training area which will have been text to you prior to session. Each area is numbered.
6. Shower facilities only permit two clients at a time so delays may occur. New You will clean hourly however it is your responsibility to sanitise your space after use. Towels or toiletries are not provided, own required.



3. All gym equipment will be sanitised thoroughly before and after use.
4. All clients are required to bring their own filled water bottles to avoid contact with others at water stations.

We are taking all necessary safety precautions in so far as reasonably practical. Please help us keep New You Safe for all.