

S COVID-19

Customer Information Sheet – March 2020

1) What are RLT doing to help prepare for the COVID-19 Virus?

- RLT are closely monitoring the situation and following any advice given by the Government and Richmondshire District Council.
- The current focus is on asking people to wash their hands as regularly as possible.
- There has been no specific guidance issued for the leisure sector
- RLT are increasing cleaning regimes in our sites and focussing on the high use touch points, such as door handles
- RLT are putting signs up in customer areas to remind people to wash their hands regularly and advising them how to do it properly
- There will be hand gel available to customers at the reception desk (free standing bottles) and in the gyms (free standing bottles). This is subject to availability due to the supply issues everyone is facing. Customers should please use soap and water in the toilets if no hand sanitiser is available.

2) Are RLT going to ask people to disinfect every surface of gym equipment after they have been used?

- No - Disinfecting every surface in the gym or any other surface after every single use would be impossible for RLT staff to do and very difficult to enforce with customers.
- There are many other areas that would potentially pose a risk such as doors and other equipment and RLT will increase regular cleaning of these touch points, but they cannot be cleaned after every single person touches them. This would be the same for every table in a school, every shopping trolley or every door handle in a public building. The Government advice is clear – **washing hands and not touching the face is the most sensible way to protect yourself.**
- RLT customers should wash their hands before and after using the gym and not touch their face or mouth or eat until their hands are clean.

3) Will swimming pool chemicals kill the virus?

- PWTAG (the UK authority on pool water,) has consulted with Public Health England who have told them: "***We have checked with our national leads who confirm that coronavirus would be inactivated at the levels of chlorine used in swimming pools.***"
- It is important to note that in the changing rooms good hygiene practices should be followed, including showering before and after swimming and washing your hands after changing.

4) Have RLT had any reported COVID-19 cases through staff and customers?

- No, not at present, but this is likely to change if the overall numbers increase in the local community.

Please note the above information is subject to change and only valid until further updates are produced.

COVID-19: Five tips for healthy exercise –

(With comments from Professor Jason Leitch, the Scottish government's national clinical director)

1) Keep doing it –

"One of the biggest protectors against viral disease is exercise; is to be fit and healthy, eat well, run, play football, play basketball, play netball."

2) If you're sick, don't go –

"If you're not well don't go. Don't infect others. Don't go with your mates and give your cold, or in the next few weeks, maybe coronavirus. Don't give that to your mates."

3) Wash your hands before you exercise

4) Wash your hands when you finish exercising –

"We're trying to teach people to wash their hands when they reach home, when they leave home; when they come to their work, when they leave their work. If you're doing a transition, wash your hands. Have alcohol gel in the car or the changing rooms."

5) If you're going to cough or sneeze, do it into your elbow –

"That's the safest way of doing it when you're actually playing (exercising). Don't do it into your mate's face. If you're out in the pub afterwards or in the changing room afterwards, do it into a paper hanky and discard the paper hanky."

Please follow all the guidance that has been issued by the Government and the NHS that is available here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>