

# COVID-19 STUDIO GUIDELINES - CycleZone Radlett

Thank you for booking an indoor cycling class at CycleZone, we look forward to welcoming you to the studio. Please read our guidelines below, which must be adhered to by everyone currently attending the studio, to help keep us all safe.



## What we're doing

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- We are following all government guidelines and the suggested protocols from UKActive, and we will amend our procedures in line with any changes to regulations
- Studio class sizes have been reduced to ensure social distancing, currently limited to 7 participants
- A new contactless hand sanitiser station is located at the entrance and exit of the studio, as well as new cleaning stations
- A viricidal disinfectant cleaning solution is being used on all bikes before and after every class
- An enhanced cleaning schedule has been put in place
- We will continue to have a contactless advance booking system (with all class bookings made in advance through the Mindbody app or website)
- New floor markings will indicate how to enter the studio and reach your personal cycling area, and how to exit after the class
- We will be using air conditioning on a low fan setting only and providing additional ventilation by keeping the main door open; we will not currently be using floor standing fans

## What we need you to do please

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### Before you arrive

- Please do not come to the studio if you feel unwell or if anyone in your household has COVID-19 symptoms (a high temperature, a continuous cough or loss of taste or smell).
- Please bring your own towel, and water to drink
- Plan your journey to arrive between 5 to 10 mins before your scheduled class; if you're early please wait in your car / away from the studio entrance until 10 minutes before your class is due to start
- Please ensure your Mindbody account has up-to-date contact details
- Bring as little as you can into the studio, leaving coats and bags in your car please

### When you arrive

- Please respect social distancing, keeping a safe distance from fellow class participants and CycleZone staff
- Please sanitise your hands on entry using the dispenser to the right of the door
- Follow the floor markings to a free bike and once there, please remain in your personal cycling area until the end of the class
- If you are changing into cycle shoes, please leave the shoes you are not wearing next to your bike
- Your bike will have been cleaned thoroughly prior to the start of the class, however if you choose to clean it again, please pick up sanitising wipes on your way in
- Please keep any belongings with you next to your bike – including any used sanitising wipes
- There's no requirement to wear a face mask, but if you wish to do so you may

### When you leave

- Please leave the studio promptly; we ask that you do not stop to chat to other participants or instructors in the studio
- Follow the floor markings from your personal cycling area out of the studio

### Afterwards

- If you have any questions or feedback, please email [getfit@cyclezonestudio.com](mailto:getfit@cyclezonestudio.com) or call Steve on 01923 27 36 32
- Please book your next class in advance using the MindBody app or website
- If you develop COVID-19 symptoms, follow [Government Guidance](#), including informing us if these symptoms develop within 48 hours of visiting the studio