

- Exercise & Cycling Studio classes resumed on 17 May 2021. Social distancing must be strictly maintained during these sessions.
- Classes are now separated by 20 minute gaps - 5 minutes for departure, 10 minutes for staff to sanitise, and 5 minutes for the next group to enter. PLEASE DO NOT ENTER THE STUDIO UNTIL THE STAFF INDICATE THAT IT IS SAFE TO DO SO. If you arrive late or without a booking, admission will be denied.
- All Cycling Studio and most exercise class sessions must be booked in advance either online or by telephoning 020 8299 9292. We regret that no bookings can be made in person at Reception to minimise congestion. Numbers are limited for safety reasons.
- The booking system opened 7 May. Members may book up to 10 days ahead, Activity Access Card (A Card) holders 4 days ahead (with payment). Numbers are limited. "Walk-ins" are no longer permitted. Instructors will check the bookings via an app connected to the online booking system.
- Non-members will need to register for an A Card (£10) in order to make class bookings and payments online. The A Card also facilitates racket sports bookings.
- If you do not yet have an online booking password, go to the Online Booking portal, and click "Registered without Password" to generate this yourself, or email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk).
- The changing rooms are to be used only for toilets and hand washing. The showers are temporarily closed. Please come wearing sports attire.
- All participants must sanitise their hands on arrival and clean their areas, including any kit used (e.g. cycles) and surfaces touched. Face coverings remain mandatory while circulating but not required during exercise.
- The Sports Club will not be providing mats or accessories for classes. Customers should bring their own, keep them safe and remove them after the class.
- Instructors are not able to use mics and need to refrain from shouting, so music levels will be reduced.

Any person presenting Covid-19 symptoms must not visit the Sports Club and must follow Government guidelines. Any person developing symptoms after attending The Sports Club should email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) with name, membership number, time and date visited and details of the activity(ies) participated in.

**Thank you for your cooperation at this difficult time**