

## Guidance for Using Outdoor Gyms

**The Council will be reopening all Outdoor Gyms from 10 July 2020. To ensure you are ready to use the Outdoor Gym safely please read these simple instructions and plan ahead for safe exercise this summer.**

- The outdoor gym equipment is suitable for those aged 14 years or older.
- The outdoor gym equipment is checked regularly for damage and wear and tear, but is not sanitised or disinfected.
- This is shared equipment, used at your own risk.
- Do not use this equipment if you or any member of your household has coronavirus symptoms, or are self-isolating.
- Make sure you have hand sanitiser with you before using the outdoor gym.
- Please wash your hands with hand sanitiser regularly and as a minimum before and after using the outdoor gym.
- Please avoid touching your face.
- You **MUST** maintain social distancing from others unless they are from the same household.
- Please ensure you wait at a safe distance if the equipment is in use to assist with Social Distancing or return later to use the equipment.
- Please wipe all equipment particularly where there are clear touch points with appropriate alcohol wipes before and after use.
- Try to avoid busy times.
- Please dispose of wipes or PPE, by taking it home with you or where provided use the bins – **DON'T LITTER**.
- Please do not eat or drink at the outdoor gym.
- Wash your hands when you get home.

We hope you enjoy using the Outdoor Gym and thank you for helping to keep everyone safe by always following these simple instructions.