

COVID-19 guidance

Using outdoor gyms

**Our Outdoor gyms are open;
please follow the guidelines below**

Please remain two metres from other people where possible

Hygiene

- Please wipe down equipment before and after use
- please bring your own towel and hand sanitiser gel or wipes to clean hands
- Please practice hand hygiene with including washing/sanitising hands more often than usual, for 20 seconds using soap and water or approved gel and foam sanitiser, particularly at the beginning and end of play
- Please do not touch faces whilst using the outdoor gym equipment, and cough or sneeze into a tissue or arm when a tissue is not available

Outdoor gym activity

- Only one person allowed to use one piece of equipment at a time
- Please use equipment for a maximum of 20 minutes at busy times

Supervision

- Disabled users of the equipment can be supported by a parent or carer if necessary

People aged 70 or over, pregnant or have underlying medical conditions remain at greater risk and should continue to take care to minimise contact with people from outside their household.

Please refer to government guideline updates at www.gov.uk/government/publications/covid-19-guidance-for-managing-playgrounds-and-outdoor-gyms

