Department of Education, Sport and Culture
Rheynn Ynsee, Spoyrt as Cultoor

NATIONAL SPORTS CENTRE
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NSC Fitness Zone

Covid-19 Customer Information

Issue Date: Friday 12th June 2020

Fitness Zone Specific Information

- Only 9 customers are permitted to use the fitness zone at the same time
- Customers can book into a 50 minute slot starting on the hour every hour throughout the opening hours (see below).
- Only customers who have a valid NSC Gym Induction are permitted to use the gym at this time. No new gym inductions will be available at this time.
- The spa suite, changing rooms and showers are currently unavailable.
- All Customers must follow the Fitness Zone Code of Conduct (see below)

The following equipment will be available to use:

- Leg Press, Leg extension, Leg curl, Low row, Lat pulldown, Chest press, Ab Crunch, Shoulder press, DAP, Multi-power, free weights and functional strength equipment.
- A limited selection of cardio vascular machines will be available.

Fitness Zone Customer Code of Conduct

1. If you have Covid-19 or flu symptoms stay at home
2. Changing rooms are closed, go to the gym ready to workout
3. Toilets are available in the atrium near reception
4. Maintain social distancing at all times
5. Use hand sanitation at entrance and exit
6. Sanitise gym equipment after use
7. Follow all signage and direction of staff
8. Train by yourself or with members of your household
9. Bring your own water, NSC water fountains are out of use at this time
10. If you feel unwell or sustain an injury, tell a member of staff immediately
11. Arrive 10 minutes before your session starts
12. If the fire alarm sounds, exit the building via the front entrance unless told otherwise by a member of staff

June 2020 Fitness Zone Opening Times

Day	Opening Times
Monday – Friday	07.00 – 20.00
Saturday / Sunday	09.00 – 17.00

Cost

All NSC Gym and Gym/Swim Memberships **remain frozen at this time**. Use of the limited Fitness Zone sessions are on a 'pay as you go' basis. The cost per 50 minute session is:

£2.00

(all days/times – no concessions)

Card Payments only at this time please

(If Card cannot be used correct cash will be accepted – no change given)

Bookings

- All customers MUST have an MSR Scorecard with up to date personal information recorded on the NSC system for contact tracing purposes (should it be required).
- Customers must book in advance and have a confirmed time slot **prior** to attending
- You may book up to 7 days in advance via the online booking portal using your MSR Scorecard (msr.gov.im). You must quote your MSR Scorecard Number (688588…) in order to make your booking.

Please note – In order to set up online bookings you will be required to have an MSR Scorecard and your email address accurately recorded on the NSC database (please email nsc@gov.im to set this up)