



## 16 July Club Update

I hope that you have all enjoyed watching Wimbledon over the past two weeks. Many of our gym members, who have not yet taken to court themselves, have been chatting about the successes of the British players across the events. It was encouraging to see the wheelchair tennis events gaining a higher television presence this year.

With the Government's announcement earlier in the week that they are to progress to step four of their road map out of COVID-19, nearly all remaining COVID-19 restrictions in England will be removed on Monday 19 July.

Throughout, the club has progressed forwards slowly and cautiously to enable staff, volunteers, members and visitors of the club to feel safe and feel confident while at the club. This is the approach that we will continue to take.

The Government's way forward is putting the ownership now with businesses and individuals.

### **Face masks**

The legal requirement to wear a face covering in shops, public transport and other enclosed public spaces will end and be replaced with government guidance.

Prime Minister Boris Johnson has said the Government "expects and recommends" that face coverings are worn in crowded and enclosed spaces, and when mixing with people you don't usually meet.

We request that people wear masks. The main purpose of wearing face coverings is to protect others from COVID-19, not yourself.

A lot of the cafe staff are of an age when they have not been offered a vaccine, and we want to prevent them from being ill from catching COVID-19.

### **Social distancing**

The requirements to maintain one metre or more social distancing will end on Monday 19 July. Still, the further apart people are, the lower the risk of infection spreading, so we advise maintaining as much distance as possible whenever you can.

### **Sanitising and hand washing**

We would still encourage you to sanitise upon entry and use the sanitisers throughout the building.

Please continue to follow good handwashing habits as this significantly reduces the rate of transmission within the club.

### **Cafe**

The cafe will still be open selling hot and cold drinks, cakes, snacks and our famous scrumptious sausage rolls.

New introductions to the menu this month have been the chilled drinks, which includes milkshakes (vanilla, caramel, chocolate and strawberry), iced lattes and iced Americanos.



# Grantham Tennis Club & Gym

Over the summer, we will be looking to recruit a new kitchen team to provide a fuller menu from September.

Please can I remind everyone that it is a little disheartening when Amy makes such gorgeous cakes that some members have brought their own. Please treat our cafe as you would any other cafe in town, and just because the seating is outside, it is still very much part of the cafe.

## **The bar**

The bar will remain as an office so the staff can keep their distance. With the heatwave on the horizon, al fresco drinking is the way forward for the 2021 summer!

Drinks will continue to be served from reception or the cafe, and if the weather is on the chilly side, people can sit in the main cafe area.

## **Changing rooms**

These are open, but we will encourage people to come dressed and ready. We also encourage people to shower at home.

## **Group socialising**

There are no restrictions on group socialising before or after play.

As we do move forwards and restrictions are lifted, I would please ask that people are mindful that everyone's experience of COVID-19, and readiness for the lifting of restrictions, may greatly differ. Please continue to make this more than just a tennis club where we are a community that respects and looks out for each other.

With the club's staff being a small team, having time off has consequences for the remaining team and the service we can offer to you all.

Sarah

GTC Manager


## **Gym Update**

Dear Gym Member,

We hope to find you good and well. It has been a tough time, but you have all been amazing.

First of all, we want to thank you so much for choosing us here at GTC Gym to help you reach your fitness and health goals. It truly is a pleasure to welcome you all back and see so many new faces. Every one of you is a massive part of our small but diverse community, and we love it.

So, with Monday 19 July fast approaching, we wanted to let you know what we are planning to do in the gym as we advance:

 We ask that you still book in using the ClubSpark system to guarantee a gym slot. We are happy for you to turn up, but please let gym staff know that you have arrived so we can record your visit. Also, if you have not booked, you may be denied entry if we are over capacity.



# Grantham Tennis Club & Gym

- Please continue to enter from the outside gym doors.
- We will be increasing our capacity from 10 to 15 slots (to be reviewed at a later date). This keeps well within limits and should allow plenty of space for everyone in the gym.
- All cardio equipment (treadmills, bikes, cross-trainers and rowers) will be available.
- We will be keeping the cleaning stations, and all equipment is to be wiped down after every use as you have all been doing so well since the gym's reopening.
- The one-way system will remain (common sense on use).
- There will be an increase in numbers on the mezzanine. Again, please do not overcrowd and be aware of other gym users.
- We will continue to keep windows and doors (including internal doors) open to ensure essential airflow around the gym space and members. This, however, does mean that we will remain using fans and not the air conditioning. We will reassess this every week as we will with all COVID-19 measures that have been put in place.

## Thursday 22 and Friday 23 July Gym lights upgrade

As you may have noticed, we have needed to upgrade our lights, and due to COVID-19, it has taken us longer than expected. But, good news. On Thursday 22 and Friday 23 July, engineers will replace and fit new lights in the gym.

On these days, at certain times of the day, you won't be able to access equipment around the lights which are being replaced. The workmen will be using a scaffold tower downstairs, so members will need special care to stay safe. The plan is to start at 7am and finish by 4pm, but this is subject to change if delays occur.

Next week and the following week, the changing rooms will be out of use, and toilets for some time while the lights in these areas are also upgraded.

We apologise for any inconvenience caused but hope you understand and see the benefits of the upgrades when complete. This should be by August.

Again, we thank you so much for being part of the GTC community and supporting us through the tough times.

We are here to support you and help you achieve your goals.

Many thanks,

Gavin Strachan

GTC Gym Manager