

Ref: COVID-19_BourneClub_Update 18032020

Dear Members,

At present, the Club is open for those that want to use it. The Club continues to follow the advice given by Public Health England and will react to new advice as quickly as possible. It is likely that the services the Club provides will be affected at some point in the future. I will, of course, keep you updated with any changes.

Public Health England has released new guidance on self-isolation, social distancing, and for vulnerable people:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

- *if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started*
- *if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill*

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

- If you fall into this category, please follow the government advice.

If you have the symptoms of Coronavirus follow the advice from Public Health England and the NHS:

Stay at home (DO NOT COME TO THE CLUB) for 7 days if you have either:

- a high temperature
- a new, continuous cough

If you test positive for COVID-19

- If you test positive for COVID-19 and have been to the Club within the last 14 days, please inform the Club Manager via phone or e-mail. PLEASE DO NOT COME TO THE CLUB.

For more information:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Basic hygiene

The Club has hand soap available in the changing rooms, everyone entering the club is to wash their hands using soap and water. This remains the most effective way of cleaning your hands. Hand sanitizer has been ordered and will be available to use as soon as it arrives.

Basic Cleaning

The Club has increased its cleaning schedule, focusing on contact surfaces such as door handles, computer screens, floors, tables etc.

Gym – Open as usual

Please wash your hands before entering the gym, and as usual clean machines using the disinfecting spray and paper towel provided.

CafeBar – Open as usual

To reduce the risk of spreading the virus via the use of cash, can I ask everyone to top up and use your Bourne Club pre-payment accounts. You can do this at home Via the Club website.

Sports Coaching and Classes

Please check with your coach or instructor if your session is going ahead. At present all tennis, badminton and squash sessions are going ahead.

Club Social Events:

The following Club social events have been cancelled:

- The Wimbledon Draw
 - More information on how the draw will be conducted will be released in due course.
- Comedy night
 - If you have bought tickets the Club will be in contact in due course.

Stay safe, see you all soon, keep washing those hands!

Kind regards,

Alex

Alex Kemp

Club Manager

The Bourne Club

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