

Guests have to respect the following sanitary regulations:

- frequently wash their hands and use hand sanitizer;
- keep the distance of 1 metres from other guests when not in action;
- keep the adequate distance from other guests based on the type of exercise and its intensity (minimum 2 metres);
- never touch their eyes, mouth and nose with their hands;
- sneeze and cough inside a tissue, trying to avoid touching directly any respiratory secretion. As soon as possible, throw away the tissue in the designated bin. In case of lack of tissue, sneeze and cough inside the inner crease of the elbow;
- avoid leaving any personal clothing in shared spaces, but put them in personal bags or backpacks and, once back home, wash them separately from other pieces of clothing;
- always drink from disposable glasses or personal water bottles.

Guests have to follow these procedures:

- use hand sanitizer;
- use the appropriate waste bins;
- ventilate the place correctly;
- sanitize at every shift change;
- avoid the exchange between guests or other personnel of devices such as phones, tablets ...

Guests that exercise have to:

- sanitize their personal effects and not share them (e.g. phones, water bottles ...);
- arrive at the gym already in the adequate attire so as to not leave any personal clothing around;
- do not touch fixed objects or signage.