



BAROD AMDANI
WE'RE GOOD TO GO



SAFER STAYS

USING GYMS AT CELTIC HOLIDAY PARKS

Meadow House

Croft Country Park

Please see our usage protocols below:

BOOKING

A 30 minute or one hour booking slot will be made available by calling the holiday park on which you are staying. Please note we have no gym facility at Noble Court Holiday Park/Celtic Escapes.

You will be able to pre book a 30 minute or 1 hour slot via your reception facility. Please ring -

Meadow House – 01834 812438

Croft Country Park – 01834 860315

Due to the reduction of Welsh Government restrictions to Tier 0, we are now allowing shared use of the Gym facilities, however pre booking is required.

We do not allow block bookings to enable equitable use of the facilities

WHAT DO I NEED TO BRING

Please arrive ready to use the gym in fitness attire. No changing or shower facilities are currently available due to Government Covid restrictions. You will need to bring your own water, towel and mat.

WHAT WILL THE FACILITY LOOK LIKE

Please be mindful to continue to socially distance whilst using the equipment with shared facilities. Any decorative pieces have currently been removed from the gym area. We would ask that you use sanitising spray/wipes which has been provided prior to and post workout.

In Meadow House you will need to leave the door open for ventilation. At Croft Country Park all doors need to remain closed in order that the air conditioning can operate effectively

OPENING TIMES

Gyms are open available to book from 0930 am – 4.30 pm daily going forward. Please **ONLY** book by telephone to your reception who have the booking sheets there. **We are unable to take e mail, text or social media bookings.**

USING THE GYM AND STAYING SAFE

Normal gym rules apply. Please follow the arrows upon entry.

Timekeeping!! Keep an eye on the time and exit the building within your allocated timeslot to allow the next user in.

The gym area is cleaned in line with Government guidelines.

Track and Trace

For gym usage our booking system will capture the details required in line with the Welsh Government guidelines.

Please read the following information, which has been taken from the Welsh Government Website:

The personal information you'll be asked to provide on yourself and/or on your contacts is voluntary. You can decline to provide this information if you have any doubts or concerns. In supporting the NHS Wales Test, Trace, Protect service to deliver contact tracing in Wales, you should remain vigilant for any signs of cyber security, spoofing, phishing or fraud. You will only be contacted through the service if you have received a positive test for coronavirus or you have been identified as a contact of someone who has tested positive.

All contacts from the NHS Wales Test Trace Protect Services will come from dedicated numbers, further information on which is included in these pages:

[contact tracing: if you've tested positive](#)

[contact tracing: if you're a confirmed contact](#)

Additional process summary: <https://bit.ly/2Dj2B5B>



CELTIC WELLBEING
Mind • Body • Soul

#beesafe

PLEASE RESPECT SOCIAL DISTANCING AND HYGIENE PROTOCOLS

- Be mindful of others by using the gym within your booking time, and exiting the building within 1 hour
- Sorry no showering or changing facilities available
- Please wipe down all equipment after use using the sanitiser provided
- Use your own mat, water and towel during your session
- Enjoy your session, and if you're not sure how to use any equipment please ask for help
- Leave the door open for ventilation, and use fans as necessary

07/08/2021V2



Llywodraeth Cymru
Welsh Government

Test. Trace. Protect. To keep Wales safe.

What do you need to do?



Iechyd Gynhoeddus
Cymru
Public Health
Wales



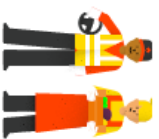
1 You develop at least 1 coronavirus symptom: a new continuous cough, high temperature, or loss of smell or taste.



If you've been within 1m of someone for 1 minute or longer or within 2m of someone for 15 minutes or longer, you'll need to tell us about them. You'll also need to tell us about anyone you've travelled in a vehicle with, or people who've sat near you on public transport.



You and members of your household follow self-isolation guidance.



3 Take a test within the first 5 days of developing symptoms, when the test is most effective. [Apply for a test here.](#)



If the test is negative, no further action is needed by you or others in the household. You no longer need to self-isolate. If the test is positive, you will be contacted by a contact tracer on behalf of the NHS Wales Test, Trace, Protect service. You will only be contacted after you have had a positive test.



A contact tracer will get in touch with your contacts. They will tell them that they have been in contact with someone who has tested positive for coronavirus. Your identity will not be revealed unless you give permission. They will be provided with support and advised to self-isolate for 14 days from their last contact with you. Members of their household will not be asked to self-isolate, but should follow the [social distancing guidance](#) and avoid contact with the person isolating at home.



5 You will be asked to provide us with information. We will need to know who you've been in contact with and where you've been in the two days before your symptoms started until now.



Your contact will only be advised to take a test if they are displaying symptoms. Testing asymptomatic people is not recommended as it can generate false negatives. If they test positive, the process will be repeated for this person, their household members and contacts.

**TRACE YOUR MOVEMENTS. STOP THE SPREAD.
TOGETHER WE'LL KEEP WALES SAFE.**

Visit gov.wales/coronavirus

