

The Centre of Wellbeing will look a little different when we reopen, but you can still expect the same warm welcome.

- **Please pre-book before visiting the Centre.** Spaces are limited to keep everyone safe and allow for extra cleaning.
- **Don't forget to wear a face covering in all public areas** – unless of course you are exempt – and please help yourself to hand sanitiser on your way in and out.
- **Our wonderful facilities team will meet you when you arrive.** The team will reactivate your Thistle Gym membership and check your contact details are up to date. This allows us to comply with track and trace requirements.
- **As we've been closed for some time, we will ask you to complete a Physical Activity Readiness Questionnaire at your first visit.** This ensures we are doing everything we can to help you get the most from your gym sessions.
- **The layout of the Centre has changed and we now have a one-way system in place.** Our facilities team will be on hand to help you with this.
- **Our changing rooms are currently closed, so please arrive dressed for your session.** Our toilets are open and will now be accessed by one person at a time.
- **The layout of the Thistle Gym has changed.** There will be more space for you to move around safely and only 4 people will use the Gym at one time.
- **We all love a catch up, but we've had to make some changes in the Hub to allow for physical distancing and cleaning between gym sessions.** To ensure your safety and wellbeing after exercise sessions, there will be a set amount of time that you can spend in the Centre after your session before our next session begins. Please note that tea and coffee facilities will not be available. The vending machine can still be accessed.
- **If you have any questions, please just ask the facilities team.** We appreciate the changes might feel a little strange, but we want you to have the same Thistle experience and will be on hand to help.

If you aren't ready to return to the gym just yet, you can re-activate your membership at a later date.

For those returning now, we know it might be a little different, but we hope you'll agree that at 60p/week it's still great value and your membership helps to keep our doors open.

