

# **St Helen Without Parish Council**

## **Sandleigh Road Recreation Ground**

### **COVID-19 related rules for use of outdoor gym**

- **Maintain social distancing at all times. Keep at least 2 metres from anyone outside your own household**
- **Use your own hand sanitiser to clean your hands before and after using the gym equipment**
- **Users must clean equipment themselves, the council is not responsible for cleaning the equipment between each user**
- **Avoid touching your face after touching the equipment**
- **Cough or sneeze into a tissue if possible, or arm when a tissue is not available**
- **After using the equipment, wash your hands with soap and water as soon as possible**
- **If you have any symptoms of COVID-19 (A high temperature, a new continuous cough, a loss or change to your sense of smell or taste)self-isolate, phone 111 and get a test, do not use this equipment.**
- **Users must behave responsibly**
- **Use of equipment is at your own risk**