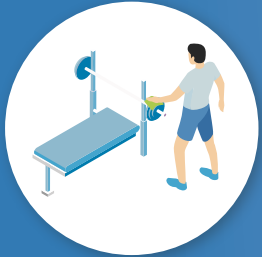
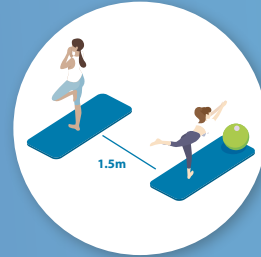


HYGIENE ETIQUETTE



Please thoroughly wipe down equipment after each use.



Respect yourself and others by remaining 1.5m apart.



Use a towel while using all equipment.



Stop germs by keeping your hands clean with soap or sanitiser, before and after your session.



Stay home if you feel unwell. Missing one day of training will help stop the spread to the others around you.

