

- Advance booking for your fitness session is essential for evenings and weekends. Sessions are mostly 45 minutes long. Numbers are limited.
- Please book online via the website, via our new, free app “iScuba”, or telephone 020 8299 9292. Booking at Reception is suspended to reduce congestion.
- Request an online booking password by emailing: sportsclub@dulwich.org.uk
- **Changing rooms are for toilet use and hand washing only.** Please arrive wearing your workout clothing. Lockers are available from Reception. There must be no bags or outer layers in the fitness areas. Sweat towels are not permitted.
- Please bring your own drinking bottle; water fountains are available for refilling.
- Enter via Reception and present your card to the card reader without touching it. If necessary, queue outside to maintain distance.
- **Please sanitise your hands on arrival and as frequently as possible at one of the sanitisation stations provided.**
- Please do not arrive prior to your booking time, you will be asked to wait outside to ensure social distancing. The cleaning periods between sessions are very important.
- Session times will be strictly enforced so please arrive promptly and respect the Fitness Instructor when asked to leave.
- You may book consecutive sessions but you will be asked to vacate the room between sessions. Please do not book the Fitness Suite and Free weights session overlapping.
- Please clean any equipment before and after usage, using the cleaning stations within the fitness areas.
- Please consider your fellow members when using equipment. Time limits may be enforced by staff if necessary.
- Huddle customers will need to book via telephone prior to arrival, on 020 8299 9292. On arrival please present your booking code and ID at reception.

Thank you for your cooperation