

Fit Villages COVID-19 FAQs

Please note:

The following questions are a guide only and aim to help answer some of the frequently asked questions about our Fit Villages projects relating to the safety measures in place during the coronavirus pandemic. We will endeavour to keep the FAQs up to date in response to the latest government guidelines, but it is the responsibility of the participant to ensure that they adhere to the latest government advice. Please note that each project may have separate individual policies and procedures in place to adhere to, therefore it is strongly recommended to speak to your Fit Villages co-ordinator, activity instructor or village activator if you have any further concerns or questions.

Do I have to wear a face covering?

On entering a village hall, you will be required to wear a face covering, but you do not have to wear this mask during the activity unless an instructor has requested that you do. If this is the case, each participant will be made aware before the activity begins.

What will the capacity of the activities be?

The size and circumstance of the premises will determine the maximum number of people that can be accommodated while also facilitating social distancing. In defining the number of people that can reasonably follow 2 metres distancing (or 1 metre with risk mitigation), the total floorspace as well as likely pinch points and busy areas should be taken into account (e.g. entrances, exits) and where possible alternative or one-way routes introduced.

Do I need to book on to an activity?

Booking is required prior to attending any Fit Villages activity. This may be done through your Fit Villages coordinator or the Fit Villages instructor or activator.

How do I pay for the activity?

We strongly advise that all participants pay for their Fit Villages activities in advance online via the Active Suffolk website. Your Fit Villages co-ordinator will be able to share your bespoke payment link with you upon request. We are also accepting cash on the day but please note that some Fit Villages activities are unable to give change therefore please check with your Fit Villages coordinator or the Fit Villages instructor or activator.

How will you be keeping the equipment clean?

Thorough cleaning of all fitness and non-personal equipment will be complete before and after usage – this may be done by the participant and/or instructor using spray, wipes and blue roll provided and is in addition to the regular venue cleaning schedule.

Where there are back-to-back activities, a 15-minute break time between classes will be provided to appropriately clean the venue and equipment and to prevent waiting in groups.

Is all the equipment provided?

All essential equipment will be provided by your instructor and/or activator. Each activity will attempt to avoid using shared equipment and will encourage people to bring their own or reduce the equipment to single person use or shared with the same partners.

Participants may have the chance to purchase specific equipment such as yoga mats, blocks, belts etc. to mitigate the need of sharing equipment.

How will you ensure minimum contact?

Each venue has the responsibility of implementing social distancing measures at all times. Where possible we are recommended that all non-fire doors are fixed open that can be safely left open where feasible and we're allowing time gaps between hall bookings to allow cleaning and capacity management to be well kept.

Will I be able to use the toilet facilities?

This depends on the type of venue and their policy therefore please check with your Fit Villages co-ordinator, activity instructor or village activator to see whether the venue may accommodate this request.

Will hand sanitiser be provided?

Yes. Hand sanitiser, wipes, spray, and blue towel will be provided.

Can I change at the venue?

We are encouraging attendees to arrive at the facility in their activity attire and where possible to travel home to change. If this is not possible please check with your Fit Villages co-ordinator, activity instructor or village activator to see whether the venue may accommodate this request.