



TFG Safety Practices

- **WASH HANDS BEFORE & AFTER GYM TRAINING**
- **ONLY ONE PERSON AT A TIME, IN CHANGING ROOMS**
- **FACE MASKS TO BE WORN FOR ALL TRAINING SESSIONS.**
- **NO MASK, NO TRAINING**
- **TRAIN AT YOUR PACE, SO MASK STAYS ON DURING TRAINING**
- **ALL TRAINING EQUIPMENT TO BE WIPE DIRECTLY AFTER USE – BAGS, SKIPPING ROPES, STEP BOARD ETC**

- **TFG DOOR WILL OPEN 10 MINUTES BEFORE TRAINING**
- **TEN PERSONS FOR EACH TRAINING SESSION – ON A FIRST COME BASIS**
- **KEEP TWO METRES DISTANCE FROM EACH OTHER – WAITING, ENTERING OR LEAVING GYM**
- **CUSTOMERS ARE REQUIRED TO LEAVE STRAIGHT AFTER TRAINING SESSION**
- **WAIT FOR YOUR TRAINING, TO THE LEFT OF THE TFG SIGN. INSTRUCTOR WILL CALL YOU IN <= <= <= <= <=**