



The Bombay Presidency Radio Club Limited

157, Arthur Bunder Road, Colaba, Mumbai – 400 005

CIN NO:- U99999MH1928GAP001372

Tel No :- ☎ 2284 51 21/ 23/ 2284 50 25/ 71/ 75/ 22828671

Email: radioclub05@gmail.com, radclubmumbai@gmail.com Website :- www.radioclub.in

Ref. No.: 963

November. 3rd, 2020

Notice

Sub.: REOPENING OF HEALTH CLUB/GYM

NAMASTE AND A WARM WELCOME TO ALL

Members are hereby informed that w.e.f. Friday 6th November 2020 04:00 P.M., the Health Club / Gym will reopen. The Wet Area of the Gym shall remain closed until further notice. Kindly note that on basis of First Come First Serve basis, 8 Members at a time would be allowed to use this facility as per the time slot mentioned below.

Members will be charged Daily Usage Charges as per the club tariff. Members who have valid membership which are valid post 6th November 2020, shall not be charged until the time their membership expires.

Monthly memberships & Annual Memberships will be available shortly, and members shall be notified of the same.

The time slots for the Health Club / Gym are as follows:

Morning

SLOT 1	7.00 AM	8.00 AM
SLOT 2	8.15 AM	9.15 AM
SLOT 3	9.30 AM	10.30 AM
SLOT 4	10.45 AM	11.45 AM
SLOT 5	12.00 NOON	1.00 PM

Evening

SLOT 6	4.00 PM	5.00 PM
SLOT 7	5.15 PM	6.15 PM
SLOT 8	6.30 PM	7.30 PM
SLOT 9	7.45 PM	8.45 PM

As per Government Guidelines and based on norms listed below, Members are requested to adhere the following:

1. Members wishing to use the Gym must have a valid Radio Club Gym membership or pay a daily usage charge.
2. Members must WhatsApp on Mobile Nos. +91 9167863003 to book a slot as entry will be restricted to 8 members per slot.
3. Following members will not be allowed to use the Gym.



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- a) Members below the age of 14.
 - b) Members with Co Morbid Ailments.
 - c) Members suffering from cold, fever any related ailments.
4. Members can book their desired slot. The slot will be allotted if available and the Member will get a confirmation by WhatsApp on the slot booking. No cancellation will be permitted and a charge as per the Daily Usage Tariff will be charged as NO SHOW Charge.

Members are requested to kindly WhatsApp their reservation as per the format below.

- Members Name: Xxxxx X Xxxxxx
 - Membership No.: X - xxxxxxx
 - Time Slot: Slot x
 - Date: DD/MM/YYYY
5. Booking of slots will be open one day prior from 1:00 P.M. onwards and confirmation will be only provided if the slot is available. Members cannot book a slot for everyday usage and the slot will have to be booked separately each day with the Gym Attendant.
6. Members must have a single layered cotton mask while working out. N95 masks are not to be used while exercising or using the Gym. Masks can be purchased at the Gym for a nominal fee of Rs. 10/-.
7. Entry shall be permitted from the main door of the Health Club only. Members are requested to use their assigned slot and not to inconvenience other members by vacating the Gym on the closure of the time slot. Details of check out shall be maintained.
8. Member must sign their name at the entrance to the Health Club. Members can bring their own pen to avoid contact. Members must produce their Club I.D. card while signing for usage.
9. Members Oxygen Saturation Level will be recorded prior to the usage of the Gym. Level of 95 & above will be allowed to use the Gym. Members must sanitize their hands before entry to the club. Sanitizers shall be provided at the entrance to the Health Club. Make use of Hands Sanitizers after using each equipment.
10. No Member can enter the Gym without changing their footwear to a separate Gym use only footwear. This will have to be changed prior to entering the Gym. The Gym shoes cannot be worn outside and the sole of the shoe will be checked by the attendant prior to entering. Shoes will have to be cleaned and sanitized in front of the attendant prior to the entry.



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11. Members must change into Gym Attire such as shorts/tracks pants, which must be washed prior to usage in the Gym. The Wet Area will be only used as a changing area and social distancing norms will be followed.
12. Members must maintain a safe distance so as one does not obstruct or come in close contact with another member.
13. Air conditioners shall be maintained as per Government Regulations and Members are requested not to tamper with any settings of the air conditioning.
14. Lockers can be utilized but all safety guidelines must be followed.
15. No personal training will be permitted. Trainers shall be there to assist users and supervise only. Trainers will not come in any form of physical contact of Members.
16. Members must bring their own mats free hand exercises.
17. Members must bring their own towels and water bottles.
18. No food items shall be consumed at the Gym Area / Health Club.
19. Members please note that Spitting / Chewing of Tobacco / Guthka / Betel Leaf / Smoking is strictly prohibited at the Gym Area / Health Club/ in the Club Premises.
20. Respiratory etiquettes to be followed. A strict practice of covering ones mouth & nose while coughing or sneezing with a tissue or Handkerchief / flexed elbow and the tissue be disposed off properly.
21. Members are requested to maintain social distancing of a minimum of 6 ft. distance between two users of the Gym.
22. Members should maintain social distancing and co-operate with the entire staff at all times.
23. Member are free to clean benches, weights and other equipments with Sanitizers available at the Gym prior to their usage.
24. No arguments / displeasure shall be entertained from any members as the SOP are in accordance with the Government Regulations.

THE ONLY WAY WE CAN GET THROUGH THIS IS
IF EACH ONE OF US THINKS AS
"WE" AND NOT "ME"

Sd/-

Jignesh Desai
Operations Manager