

## **Headlam Spa – COVID-secure Measures**

August 2020

To comply with Government guidance and provide a facility that is as safe as possible for its users we have had to make some temporary changes to the spa operation for hotel residents and spa members.

Spa Opening Hours: 8am – 7pm daily

Brasserie Opening Hours: 10am-4pm daily

### **Hotel Residents**

- As a resident you will be able to book a one hour slot (starting on the hour) in the spa wet area between 8am-7pm. This can be done by contacting the spa reception in advance on extension 220 or telephone no. (01325) 730691.
- This will be limited to 8 people in any one hour period with a maximum of 6 people in the swimming pool and a maximum of 2 people in the outdoor hydrotherapy pool at any one time. The indoor and outdoor loungers will be available to use assuming social distancing is maintained between people who are not together.
- The spa changing rooms are NOT available for hotel residents to use. Please change in your bedroom and arrive at the spa in your swimming costume, robe and slippers. A towel will be provided at the spa reception when you sign in.
- Children (under 16) can swim between 8am-9am and 4pm-5pm but must be accompanied by a swimming adult.
- Cold drinks will be available to order poolside as normal.
- Certain packages exclude use of the spa so a supplement will be applicable in this case.
- Initially we are only allowing residents to book for a one hour duration in the spa wet area but should the following hour have space available when you check-in at the spa reception then you can extend this to two hours on request.
- Government guidance does not permit us to open the sauna or steam room so they remain closed.
- The gym is not available to hotel residents at this time.
- A selection of spa treatments is available to book between 10am-6pm daily. Please note that therapists will be wearing face masks and may request you to do the same for some of the treatments on offer.

## Spa Members

Due to the restrictions and limitations of use at this time we are continuing to 'freeze' spa membership fees during August and any use will be on a booking 'pay as you go' basis. The cost will be £5 per hour slot booked payable by card on arrival.

- As a member you will be able to book a one hour slot (starting on the hour) in the spa wet area between 8am-7pm. This can be done by contacting the spa reception in advance on (01325) 730691.
- This will be limited to 8 people in any one hour period with a maximum of 6 people in the swimming pool and a maximum of 2 people in the outdoor hydrotherapy pool at any one time. The indoor and outdoor loungers will be available to use assuming social distancing is maintained between people who are not together.
- Members who are using the wet area can use the changing rooms but we ask that this is kept to a minimum.
- Initially we are only allowing members to book for a one hour duration in the spa wet area but should the following hour have space available when you check-in at the spa reception then you can extend this to two hours on request.
- Government guidance does not permit us to open the sauna or steam room so they remain closed.
- Members can also book one hour slots in the gym (starting on the hour) between 8am-7pm. Again, this can be done by contacting spa reception.
- The gym will be limited to 5 people per one hour slot and we have removed one of the rowing machines and one of the exercise bikes to create more space. There are also screens between some pieces of cardio equipment and we are asking users not to use a piece of resistance equipment if there is already someone on the one next to it. There will be sanitiser in the gym for users to wipe equipment before and after use and a member of our spa team will also be carrying out a clean-down on an hourly basis. Please note that the air-conditioning in the gym will not be in use but we will open skylights for fresh air.
- We kindly ask gym users NOT to use the changing rooms. Please arrive and depart in your gym attire. Toilets and hand-washing facilities are, of course, available to use.
- A selection of spa treatments is available to book between 10am-6pm daily. Please note that therapists will be wearing face masks and may request you to do the same for some of the treatments on offer.
- We will be offering a timetable of fitness classes during August which can accommodate up to 6 people. These will take place outside when the weather is fine or alternatively in the studio with the door open. The cost is £8 per class payable at the time of booking. The timetable will be shown on <https://www.headlamhall.co.uk/spa-timetable/>

We are hopeful that normal service can resume in September but this will depend upon official guidance. Thank you.