

Don't let Coronavirus deter you; kill your workout and reduce your chances of sickness with Use It, Smash It, Wipe it.

USE IT

With our stepped-up cleaning regime, you can be confident when using our facilities and equipment. All weights and cardio machines are wiped down and cleaned throughout the day and after-hours. Make the most of your workout without hesitation.

SMASH IT

Now is as good a time as ever to go the extra mile in terms of health and fitness. Build up your immune system and maintain a healthy lifestyle to help combat the virus. According to MedicinePlus:

- Physical activity helps to flush bacteria out of the lungs and airways. This may reduce your chance of getting cold and flu-like illnesses.
- During exercise, antibodies and white blood cells WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before.
- The brief rise in body temperature during and right after exercise may prevent bacteria from growing.
- Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

WIPE IT

According to the HSE, the Coronavirus is easily killed with regular household cleaners especially on hard surfaces, making our facilities easy to keep virus-free. If you wipe it, you kill it. Let's kill it.

According to the CDC & WHO, COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions, however, if you clean a surface with simple disinfectant, it will kill the virus and protect yourself and others. To protect yourself further, undertake regular handwashing with a 60% alcohol-based hand rub, or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Having taken guidance from all the information currently available from the HSE, our primary cause of action is to be vigilant and increase levels of hygiene within our facilities.

We ask our visitors to make extra efforts also, by using the provided extras, taking more care in handwashing thoroughly and often and also help us maintain the highest standards of cleanliness in regards to the equipment and facilities.

So don't let the Coronavirus put you off, just make sure you're gym ready! Have you got your...

- **Water Bottle?**
Try to bring your own, fresh clean water bottle to stop you sharing cups and coolers
- **Clean Towel?**
A freshly washed towel is a must-have after a good workout!
- **Tissues?**
Contain your coughs and sneezes with tissues and bin them straight away.
- **Hand sanitizer?**





Newtownpark Avenue
Blackrock
Co. Dublin
Nicola Ring - Sports Centre Manager

T: +353 (0)1 288 3720
T: +353 (0)1 283 3037
E: info@newparksportscentre.ie
W: newparksportscentre.ie

Use hand sanitizer between using equipment and after workouts.

- **Fresh clothes?**

Make sure you've got a clean set of clothes for after your shower/workout.

We thank you in advance for your efforts in maintaining a clean and healthy environment, and we look forward to welcoming you back soon!

The Management Team,
Newpark Sports Centre

