



Dear member,

After the 5th of June we can open our facilities in cooperation with the new rules & conditions. With this news letter we will inform you about the new possibilities next to the current individual workout possibilities.

Hereby an overview with the most important questions:

FAQ

Dressing rooms:

From when we can make use again the dressing rooms?

- From the 5th of June the dressing rooms are open again. So that means it's possible to take a shower and make use of the lockers.
Keep the 1,5 meter distance and take care of each other. Do not stay in the changing rooms longer than necessary.
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Is the use of the changing rooms mandatory from June 7th?

- For members who do not (yet) feel comfortable using the changing rooms, BCL will temporarily keep the option to change clothes and carry your jacket/bag with you in the compartments of the gym.

Courses:

When there are again indoor courses?

- From the 7th of June we will offer again indoor courses. Check de Mywellness-app for an overview of all the courses.

What are the rules for the indoor courses?

- The 1,5 meter distance rule is also in effect. BCL will present the maximum number of participants in the MyWellness app for each class based on the space and ventilation possibility.

Are there still outside-courses?

- Partly at the request of members, BCL continues to offer a number of outdoor lessons. Check the Mywellness app for the offer!



What are the current rules for the outdoor courses?

- There is still a distinction in rules for the categories up to and including the age of 26, and above. To clarify, BCL keeps the 1,5 meters away for all outdoor lessons.

Gym:

- This week we used the Vuurzaal to provide extra space for free exercises and to add a number of equipment in the fitness blocks. We will continue to do this when the Vuurzaal is free. When a group lesson is planned, the room is not free to use.

How do I know? In fitness blocks with the Vuurzaal there is access for 32 members, without this possibility a maximum of 24 members can work out at the same time.

Next to that all the current rules are still valid. You can read an overview of this [in the reader Sports in Coronatime](#).

If you have any other questions, you can contact us (phonecall: 058-3030170 or send an email to balie@bewegingscentrumleeuwarden.nl)

Hopefully see you soon!

Kind regards,

Team BCL

