



Update on welcoming you back soon

SPORT
LIVERPOOL



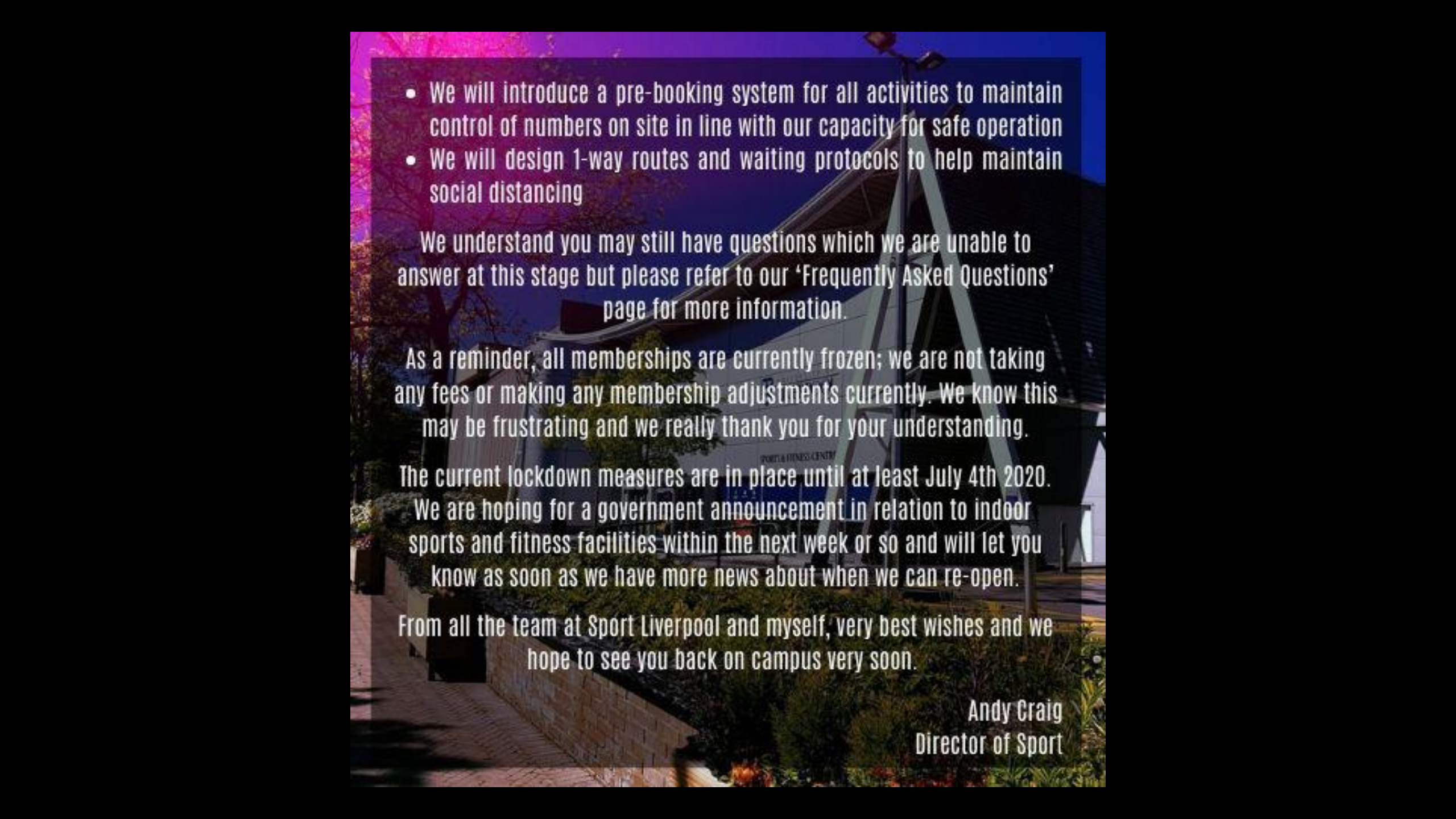
We hope that you and your loved ones are all keeping well and active.

With so much speculation regarding the easing of the lockdown, we are all getting excited about the prospect of welcoming you back into your sport and fitness facilities here at the University.

We want to reassure you that we have been carefully planning our approach to reopening, with the safety and well-being of our members and staff at the forefront of our minds.

Whilst we are awaiting a further government announcement before we can confirm an official return date, we wanted to share some of the things that we are doing above and beyond the measures recommended in the UK Active framework so that you can return to campus with peace of mind:

- We will reopen facilities and activities on a phased and manageable basis
- We will redeploy our resources to ensure additional cleaning and introduce a meticulous cleaning procedure of all touch points
- We will reduce the capacity limit for group exercise classes as necessary (classes will initially be moved into a sport hall to help satisfy demand)
- We will revise our exercise class timetable to reduce the risk of congestion in the changing areas
- We will introduce a cashless operation, initially accepting card/contactless payments only

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- We will introduce a pre-booking system for all activities to maintain control of numbers on site in line with our capacity for safe operation
 - We will design 1-way routes and waiting protocols to help maintain social distancing

We understand you may still have questions which we are unable to answer at this stage but please refer to our 'Frequently Asked Questions' page for more information.

As a reminder, all memberships are currently frozen; we are not taking any fees or making any membership adjustments currently. We know this may be frustrating and we really thank you for your understanding.

The current lockdown measures are in place until at least July 4th 2020.

We are hoping for a government announcement in relation to indoor sports and fitness facilities within the next week or so and will let you know as soon as we have more news about when we can re-open.

From all the team at Sport Liverpool and myself, very best wishes and we hope to see you back on campus very soon.

Andy Craig
Director of Sport

SPORTS CENTRE RE-OPENING SURVEY



START SURVEY

WE HOPE TO WELCOME YOU BACK SOON!

We are busy making important changes to ensure our facilities are safe and ready to welcome you back. We are excited about the thought of re-opening again, and to help us plan our services we'd really like to know what you think.

Please follow the link to a short questionnaire and we hope to see you all soon!

MENS HEALTH WEEK



MEN'S HEALTH WEEK - 15TH-19TH JUNE

Each year men's health focuses on a different theme, this year looks at Take Action on Covid-19.

The figures suggest that men are around twice as likely to die of Covid-19, with this in mind it is key that we look at ways we can reduce the impact of the coronavirus and follow all recommended guidance - [Take a look here for some useful FAQ's](#)

On Sunday 26th June, The Men's Health Forum will be launching [The 2.6 challenge](#) -the day that should have been the date of the 40th London Marathon, the world's biggest one-day annual fundraising event.

If you would like to be involved and raise awareness, the challenge is simple:

- Dream up your 2.6 challenge - For ideas visit twopointsixchallenge.co.uk
- Head to [the Forum's 2.6 Challenge Just Giving page](#) to donate whatever you fancy – or to set up your own fundraising page
- Ask all your friends and family to sponsor you and challenge them to do their own 2.6 Challenge
- Complete your challenge
- Share a photo or video of your challenge on social media with #TwoPointSixChallenge @menshealthforum

LONELINESS AWARENESS WEEK



TAKE THE PLEDGE

LONELINESS AWARENESS WEEK 15TH-19TH JUNE

According to The Mental Health Foundation -'One of the feelings millions of us are experiencing during the current coronavirus pandemic is loneliness. In our combined efforts to stay safe and save lives, our usual ways of seeing family, friends or just familiar faces have been put on pause'

We can all feel lonely from time to time however, long-term loneliness is associated with an increased risk of certain mental health problems, including anxiety, depression and increased stress. The impact of long-term loneliness on mental health can be difficult to manage.

Marmalade Trust is a charity with a mission to find and support isolated people, helping them to reconnect with society and enjoy better lives. We are asking you get involved in Loneliness awareness week by taking a pledge to build your understanding and help others feel more connected.

CYCLE CHALLENGE



[CYCLE LOG](#)

CYCLE CHALLENGE - STARTING 15TH JUNE

Together we have walked millions of miles, we have climbed mountains (or lots of stairs!) now it's time to pump up those tyres ready for our Cycle Challenge!!

You can set yourself some personal goals, for example 50km in 1 week, then contribute your distance to an overall total - we will then take a look at where in the world we have all reached!

Don't forget, we need to keep a track of the totals so make sure you log your distance after every cycle you do. Click on the link below to log your distances.

Good luck and happy cycling 🚲

HOW TO CONNECT WITH US



@SPORTLIVERPOOL



@SPORTLIVERPOOL



@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

STAY CONNECTED

There are so many different ways for you to stay connected with us over the coming weeks, all of our social media accounts are listed, we will be updating them regularly and welcome any suggestions you would like to see on them for help or advice from us at the Sport Liverpool.

We hope all of our members are staying safe and well during these unprecedented times. We will continue to send information and tips on how to stay healthy during this period, and will keep you updated on our plans to re-open. If you require any further information, please contact us at sfc@liv.ac.uk

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www.liverpool.ac.uk/legal/data_protection

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