



**THE ESSEX**  
BY THE CLUB COMPANY

# CLUB GUIDE

The following information has been produced to ensure that all Members are assured of a comfortable and enjoyable experience on every visit to the Club. In order to enjoy your membership please familiarise yourself with the information contained in this Guide.

## **The Essex Golf & Country Club**

Earls Colne, Colchester, Essex CO6 2NS

Tel: 01787 22 44 66

Email: [essex.info@theclubcompany.com](mailto:essex.info@theclubcompany.com)

[www.theessexgolfandcountryclub.com](http://www.theessexgolfandcountryclub.com)



THE CLUB COMPANY

## **INTRODUCTION**

Welcome to The Essex Golf & Country Club guide!

This club guide provides you with key information about our club, opening times and facilities on offer. Please ensure you have read The Club Company Membership Terms and Conditions, which includes important information regarding your membership. You can access a copy of our terms and conditions at any time by logging into <https://golf.theessexgolfandcountryclub.com/login.php>. We will also display updates via our club noticeboards from time to time.

## **FOR YOUR SAFETY**

Our top priority is keeping you and our staff safe at the club; the following procedures are in place as standard:

Key touch points are cleaned regularly by our in-house team during opening hours

Hand sanitizer stations are located all around the club

Social distancing rules are in place throughout the club

Deep cleaning of the club occurs overnight, every night

Viricidal spray is available for you to use on equipment

Management of the flow of people is in place to achieve social distancing

Temperature checks will be carried out using a contactless Fever20 screening terminal

For specific safety measures in every area of our club, please visit <https://www.theessexgolfandcountryclub.com/> and view our Guidelines for Golfers or Keeping Active and Staying Active page.

## **GENERAL**

- We may temporarily close facilities in order to carry out repairs or refurbishments without awarding financial compensation (except in cases of prolonged and total closure from time to time).
- Except for guide dogs, no pets are allowed within club buildings and grounds.
- Our main club entrance is the only point of entry to be used by our members

- In case of a fire, please make your way to the nearest available exit in an orderly fashion when requested to do so. All fire exits are clearly marked.

## **CLUB OPENING HOURS**

Monday – Thursday 6.30am – 9.00pm

Friday 6.30am – 8.00pm

Weekend 7.30am – 8.00pm

Please note that opening and closing times are subject to seasonal changes, special social events and Public Holidays.

## **RECEPTION**

### **For Your Safety**

Please check your temperature and hand sanitise when entering the club

A queueing system is in place to provide appropriate social distancing

Traffic management and a one-way system is also in place

All touch points are cleaned regularly with viricidal spray throughout the day

Hand sanitiser is available throughout the club

### **Arrival**

To ensure social distancing is possible, please follow the below arrival times:

Golf: 15 minutes before your tee time

Studio: 5 minutes before your class

Gym: 5 minutes before your session

Pool: 5 minutes before your session

Tennis: 5 minutes before your session

### **Checking In**

For ease of entry to the club and, to ensure that access is controlled and monitored, we ask members (including registered infants and children), to present or swipe your membership card on every visit to the club. If you have visitors or guests with you, please ensure they are signed in with reception.

A state-of-the-art temperature monitor will be used to check your temperature on arrival.

## **BOOKINGS**

All bookings should be made in advance while social distancing restrictions are in place. Gym sessions are to be booked using the mywellness app. Swim and group exercise classes can be booked online, using your Member login via <https://golf.theessexgolfandcountryclub.com/login.php>. Alternatively, by telephone. Or, preferably as a last resort, we can help you in person at reception during opening hours. All tennis bookings can be made by telephone. Multiple sessions are permitted to be booked subject to availability.

### **Golf**

Tee Times can be booked up to 7 days in advance by golf members and 3 days in advance by health members

If playing another course in the group you can book 3 days in advance (excludes Castle Royle)

### **Studio**

Bookings can be up to 4 days in advance

### **Gym**

1 hour sessions can be booked up to 4 days in advance

### **Swimming**

30-minute sessions can be booked up to 4 days in advance

### **Tennis**

Sessions can be booked up to 4 days in advance

### **Food & Beverage**

No booking required

## **BOOKING CANCELLATION**

Should you need to cancel a booking, please endeavour to give the club as much notice as possible so that another member on the waiting list can take your place (especially as our bookings are always popular). We understand there will be circumstance where this is not possible; unfortunately, if it happens persistently, advance booking privileges may need to be suspended for a defined period. This applies to both golf and health and fitness bookings. In the case of golf events and private hire bookings, separate conditions apply in accordance with the event booking form.

## **USE OF FACILITIES – HEALTH CHECKS**

For your safety and your benefit, new members are required to undergo a health check, equipment induction and are offered a personalised program with one of our wellness advisors prior to using the Health and Fitness facilities for the first time.

All guests are required to complete a medical declaration and check-in with one of the wellness team prior to using any of our health and fitness facilities.

Please ensure that your guests sign the appropriate disclaimer form upon registration, before using the facilities.

We advise all members and guests not to undertake strenuous physical activities for which you may be medically unfit.

Prior to taking part in any group exercise, you must inform the instructor of any injury, illness or other health condition that may prevent you from completing some or all of the exercises planned.

Before undertaking general unsupervised use of facilities, including pool, spa, sauna and steam room, it is your responsibility to ensure you are of suitable fitness and health condition to carry out the activity.

### **GYM**

Monday – Thursday 6.30am – 9.00pm

Friday 6.30am – 8.00pm

Weekend 7.30am – 8.00pm

Our qualified Wellness team is available to offer help and support wherever needed. Your assigned Wellness Advisor will remain on hand to monitor and update your training programme throughout your membership.

Members and guests are required to follow the double sanitisation protocol; cleaning the equipment with viricidal product before and after use. Sweat towels are not allowed in the gym and studio.

### **GROUP EXERCISE**

We have a wide range of exercise classes, including holistic, aerobic, strength and resistance, that are available at the club that are updated from time to time. You can find our current timetable at the club reception, on the

club website or on the The Club Company app. Members are able to book classes up to 4 days in advance.

We also offer a wide selection of on-demand workouts and live-streaming classes. To take advantage of this service simply log into the member's portal, click the drop down menu and click on home workouts.

All classes are taken by experienced and qualified instructors; and are included within your membership. Occasionally, specialist classes or courses may incur an additional charge. To ensure that all classes remain safe and enjoyable, numbers will be limited and advance booking is required. Please arrive 5 minutes before the start time.

Members' guests may only attend a class subject to payment of the appropriate guest fee, provided a space is available on the day - advance booking is not permitted.

Members and guests are required to follow the double sanitisation protocol; cleaning the equipment with viricidal product before and after use. Sweat towel are not allow in the gym and studio.

## **SWIMMING POOL**

Monday – Thursday 6.30am – 9.00pm

Friday 6.30am – 8.00pm

Weekend 7.30am – 8.00pm

Designated family times for children aged 0-15 years inclusive in the pool are as follows (it's adult only at all other times):

Weekdays: 3.30pm - 5.50pm

Weekends: 11.00am - 1.00pm

3.00pm - 5.00pm

As we run a variety of classes in the pool, including aquarobics, individual and group swimming lessons and children's tuition, from time to time the pool may be restricted or reserved. We will always provide notice prior to this on our club noticeboard.

Lane swimming is available for those who wish to have an uninterrupted swim but are for continuous lap swimming only. Children under 16 are welcome to use lanes with prior permission. Children over the age of 13 whom are competent swimmers can use the pool for

lane swimming during adult times, this can be restricted by the club and the club management can amend or change this policy without notice to suit the running of the pool.

Children under 8 years old must be accompanied at all times by an adult in the pool unless the child is attending a club organised swim school. Babies and toddlers are not be left unattended at any time and this includes leaving them poolside in car seats/child seats while a parent/guardian uses the pool or wet facilities.

Children aged 8-15 years old inclusive must be accompanied by an adult at all times in the pool area.

All users, including babies and children, are required to wear conventional swimming costumes only. Infants aged 0 – 3 years inclusive are required to wear an aqua-nappy when using the pool.

Changing rooms and shower availability are be based on government guidelines.

For health, safety and hygiene reasons it is necessary to observe the following rules:

- Please shower before entering the pool
- No running, jumping and diving in the pool and surrounding area
- No flippers, snorkels, inflatables or balls except as provided by the club during organised sessions
- Crockery and glasses are not permitted on poolside
- No food or drink is to be taken into or consumed in the pool area
- Shoes (that are not covered with over-shoes), prams and pushchairs are not permitted within the pool area
- Members knowingly suffering from any medical condition that could cause infection or illness to other users should refrain from using the pool and associated wet facilities
- Shaving is prohibited in all wet areas
- Lockers have been restricted in use with alternate lockers on the top level and all lower level lockers removed

## **STEAM ROOM, SAUNA AND SPA**

The steam room and sauna facilities are currently closed (subject to Government guidance).

Monday – Thursday	6.30am – 9.00pm
Friday	6.30am – 8.00pm
Weekend	7.30am – 8.00pm

Our Steam Room, Sauna and Spa are for the use of adult members and guests over the age of 16.

Operating at approximately 45°C with 100% humidity, the Steam Room cleanses the skin, aids circulation and relieves stress. The Sauna offers a dry heat, operating at approximately 85°C with 15% humidity, again cleansing the skin, aiding circulation and easing tired muscles.

We ask you and your guests to familiarise yourselves with the advice notices displayed adjacent to each facility

For health, safety and hygiene reasons it is necessary to observe the following rules in these areas:

- Please shower before and after using the facility
- Members and guests with certain medical conditions (including but not limited to low or high blood pressure, cardiac irregularities, asthma or pregnancy) should not use the sauna, steam room and spa without prior medical consultation and consent. If there is any doubt, please do consult your doctor
- The maximum permitted time that any person should spend in the sauna, steam room or spa is 10 minutes

**AURA SPA**

Aura Spa has a wide variety of treatments available throughout the week and weekend for both men and women. The opening times will vary so please check at the club’s reception for further details. Members and non-Members are both welcome to have treatments or spa days within Aura Spa. Bookings can be made directly with Aura reception. Gift vouchers are also available.

**THE CLUB BAR & PULSE CAFÉ**

Weekdays:	7.30am – 10.00pm
Weekends:	7.30am - 9.00pm
Food availability	
Weekdays:	8.00am – 6.00pm
Weekends:	8.00am – 6.00pm

Please note opening and closing times are subject to seasonal changes and special social events. Kitchen opening times may vary from opening times.

Our socially distanced dining experience, as well as the method for ordering, to dine in, or grab and go is displayed within the club.

If you would like to place an order, please do so at the bar. We will have a collection point for drinks; food will be delivered to your table.

We have intensified the level of cleaning in and around the restaurant and bar areas. Every table is cleaned and sanitised after each party has left, clearly marked with ‘ready’ signs. We’re also using single usage condiments to help reduce contact, as well as contactless card payments.

Due to licensing constraints and, as a courtesy to other members, please observe the following rules:

- Children must be supervised at all times and must not run around in the Pulse Bar
- No food or drink may be brought into and consumed within the bar areas
- Designated family times when children under the age of 16 may use the Pulse Bar are available at reception and are published on the club noticeboard

**CLUB CARD**

For the benefit of our adult members, we offer a club discount card for the purchase of items within the club. Simply swipe your card at the point of purchase and 10% will be automatically deducted from your bill. This is available on the majority of items and can be used when visiting other clubs.

**USING THE CLUB WITH CHILDREN**

To help provide parents with a clear understanding of the facilities available to children, and the supervision required when using the club, we have summarised the main points below. If you have any specific questions please don’t hesitate to call the club and speak to our reception team:

- Children are to be supervised at all times
- A Junior Health Questionnaire must be completed by a parent/guardian prior to your child participating in any organised activity

including golf tuition, school holiday camps and teen gym sessions

- It is the responsibility of the parent/guardian to notify the club of any changes in medical history or emergency contact numbers for their child
- Parents/guardians are required to remain within the confines of the buildings (not out on the golf course) for the duration of any organised children's activity lasting 2 hours or less
- For organised children's activities lasting more than 2 hours parents/guardians are permitted to leave site if pre-arranged with the club in advance, ensuring they are contactable at all times
- Children under the age of 16 are not permitted to use the gym or attend a group exercise class, unless in a class or dedicated time specially arranged by the club
- Children under 8 years old must be accompanied at all times by an adult in the pool unless the child is attending a club organised swim school
- Children aged 8-15 years old inclusive must be accompanied by an adult at all times in the pool area
- The sauna, steam room and spa facilities are only available to members aged 16 and over
- The sunbed/sun-tower is available to members aged 18 years and over
- Children are not permitted in the changing room of the opposite sex after their 8th birthday
- Junior golf Members must be accompanied by a parent/guardian on the golf course and practice areas until their 13th birthday
- Children under the age of 16 are not permitted to sit at the bar

## **GOLFING FACILITIES**

Play safe, stay safe golf guidance is in place and all relevant guidelines are available on intelligentgolf, the tee time booking system.

As a summary:

- All tee times to be booked in advance and online
- All players must check in at Reception prior to

playing

- The maximum number of players per group is 4 at any one time, unless specific rules mention lower number at specific time
- Please arrive at the 1st tee no more than 5 minutes before your tee time
- Please don't touch the flag stick
- Use your putter to remove the ball via the no touch cups
- Bunker rakes have been removed, please use your golf club to rake the sand after your shot
- Use the IGapp to enter scores for competitions
- Junior golf members must be accompanied by a parent/guardian on the golf course and practice areas until their 13th birthday

Golf bookings may be made up to 7 days in advance via our club website or pro shop/reception (during opening hours) for members.

Your usage of the golf course, including access times and playing rights, are determined by your membership category. An overview can be found towards the end of our guide but full details are in your membership terms and conditions.

We ask that all Golf members and guests familiarise themselves with the rules, etiquette and dress code of the game prior to using the golf course.

Our local course rules are printed on our golf scorecard, available at reception or the golf shop. Club staff are always on hand to advise, should you require any guidance at all with a golfing related matter.

Use of the course may be restricted during adverse weather conditions.

## **CHANGING ROOMS**

Our lockers operate on a daily coin return basis and are provided for members to store personal belongings while they enjoy the facilities of the club. Any items left overnight will be removed to lost property. Please note:

- Children of the opposite sex are not permitted in the changing room once they have reached their 8th birthday
- Shaving and the use of razors is not permitted in the changing room area, including showers and washing areas
- Liability for loss or damage to property of

members and their guests, including property stored in lockers, is strictly limited to any loss suffered as a result of negligence of The Club Company or its staff as laid down in The Club Company Membership Terms and Conditions

- We advise that you come as ready as possible for your session and the use of this facility is only as necessary

### **SMOKING**

In accordance with the law, smoking of tobacco products is not permitted in any of the club buildings. To ensure we maintain an enjoyable environment for all, the club also prohibits the use of all electronic smoking devices within any building. Anyone wishing to smoke or use an electronic smoking device must do so in a designated smoking area.

### **DRESS CODE**

Please wear comfortable workout clothing when exercising and ensure you comply with the golf dress code when using the golf facilities. When using the social areas of the club appropriate smart casual wear should be worn.

### **LOST PROPERTY**

Lost property found on the premises should be handed into the club Reception. Items will be stored for two weeks and if they are not reclaimed within that time items will be donated to local charities or disposed of.

### **GUESTS**

Please ensure all guests are signed in at reception.

Upon payment of the appropriate fee, your guest will be permitted to use club facilities. We ask you to ensure your guest abides by our club rules.

Any person whose membership of the club has been declined or terminated will be refused entry as a guest.

Should a social guest be found using facilities they are not entitled to, the member will be held responsible and may have their membership subsequently withdrawn.

## **USING OTHER CLUBS IN THE CLUB COMPANY GROUP**

### **Health Club Use**

You are able to use the facilities at any health club within the group (Excluding, Castle Royle and Nizels) at the times in line with your own membership category. Bookings for studio classes are not available for advance bookings but are available on the day if there is a space available.

Note: Not available to golf only memberships

### **Golf**

7 day and 5 day adult golf members are able to play at any other course in the group booking up to 3 days in advance (Excluding; Castle Royle).

Use of other clubs can be amended locally by the general Manager without notice if circumstance is appropriate.

## **MEMBERSHIP CATEGORIES**

Please note that from time to time these categories are subject to change. Please refer to the current membership category and benefits form available from the club.

Membership of the club comprises of the following categories:

- FULL GOLF (includes complimentary 7-day Health & Fitness access)
  - INDIVIDUAL – 7-day access to the golf course and health & fitness facilities
  - PARTNER – 7-day access to the golf course and health & fitness facilities, must cohabit with the linked individual
- GRADUATION (21-25 years inclusive) – 7 day access to the golf course and health & fitness facilities
- INTERMEDIATE (19-20 years inclusive) – 7-day access to the golf course and health & fitness facilities
- JUNIOR (5-18 years inclusive) – use of the golf course. Junior golfers over the age of 16 must become an intermediate golfers if they would like access to the gym
- WEEKDAY GOLF (includes complimentary Off-

### Peak Health & Fitness)

- INDIVIDUAL – 5-day access to the golf course and Health & Fitness facilities. Monday – Friday 6.30am – 5.00pm (last entry to the Club at 4.00pm)
- PARTNER – 5-day access to the golf course and Health & Fitness facilities. Monday – Friday 6.30am – 5.00pm (last entry to the Club at 4.00pm) No longer available for new purchase

### HEALTH & FITNESS ONLY

- INDIVIDUAL – 7-day access to the Health & Fitness facilities only
- PARTNER – 7-day access to the Health & Fitness facilities only
- OFF PEAK - 5-day access to the Health & Fitness facilities only, 6.30am - 5.00pm (last entry to the Club at 4.00pm) No longer available for new purchase
- SENIOR (65 years and over) – 7-day access to the Health & Fitness facilities only. Monday - Sunday 12.30- 5.00pm (last entry to the club at 4.15pm) No longer available for new purchase
- LIFESTYLE – 7 day access at restricted times: Monday – Friday 12noon – 5pm Mon – Fri and Saturday and Sunday 2pm – close
- INTERMEDIATE (16 - 20 years inclusive) – 7-day access to the health & fitness facilities only. (Intermediate Members aged 16-17 may not introduce guests)
- JUNIOR (11-15 years inclusive) - use of the swimming pool and access to the Pulse Café during family designated times (must be

supervised by an adult)

- MINI JUNIOR (5-10 years inclusive) - use of the swimming pool and access to the Pulse Café during family designated times (must be supervised by an adult)
- INFANT (0-4 years inclusive) - use of the swimming pool and access to the Pulse Café during family designated times (must be supervised by an adult)
- JUNIOR GOLF AND HEALTH – (5-15 years inclusive) use of the swimming pool and access to the Pulse Café during family designated times (must be supervised by an adult) Use of golf course

## The Essex Golf & Country Club

Earls Colne, Colchester, Essex CO6 2NS

Tel: 01787 22 44 66

Email: [essex.info@theclubcompany.com](mailto:essex.info@theclubcompany.com)

[www.theessexgolfandcountryclub.com](http://www.theessexgolfandcountryclub.com)