

## **F45 Surbiton Noise Management Plan**

Actions taken to control the level of noise within the studio:

- Speakers setup on acoustic hangers and configured so that they are facing down, away from ceiling in accordance with the acousticians report
- Sub-ceiling has been designed and installed in accordance to acousticians report
- Sound absorbing gym flooring added to reduce noise in addition to acoustician report
- Columns sound insulated in accordance to acousticians report
- Ventilation and A/C systems sound insulated and specific acoustic rated access panels fitted

Additional management responsibilities:

- Liaise with residents with regards to music levels and when additional building works are required
- Open dialogue between management and residents with regards to operation concerns
- Programmed exercises are regularly adjusted/replaced if there is potential for a noise concern - this has been specially approved by F45 HQ in the case of noise concerns
- Regular DB checks to ensure that the studio is operating within the guidelines

Actions taken by staff to control the level of noise within the studio during classes:

- Bass reduced on mixer
- 'Do Not Drop Weights' signs used on gym floor
- Staff to control the volume of their voices
- Members are briefed during the class introduction to remind them to not to drop weights
- Drop pads are placed during class setup to both 'catch' weight should they be accidentally dropped, but also to show where weights are to put to keep them off the floor to reduce the noise further
- Back door to is to remain closed during class operation so that noise does not escape to the rear of the building