

Leisure Welcome to Thrive video – descriptive transcript

0.00 – 0.03 A black background with white text on screen reads ‘Welcome to your local leisure centre’ the Durham County Council logo and thrive logo also appears on screen.

0.03 – 0.14 New text appears on screen that reads ‘During your visit: If you need help with an activity or equipment – just ask. Familiarise yourself with the layout of the centre. If you hear the fire alarm, follow staff for instructions and leave via your nearest exit. The Durham County Council logo and thrive logo also appears on screen.

0.14 – 0.19 A wide angle shows the camera slowly moving towards a reception desk in a leisure centre.

0.19 – 0.24 A black background with white text on screen reads ‘For your safety we ask you to scan in using your membership card’. The Durham County Council logo and thrive logo also appears on screen.

0.24 – 0.29 A wide angle from the camera shows a male scanning his membership card to gain access to the gym.

0.29 – 0.37 New text appears on screen that reads ‘Read our Health Commitment Statement and rules before you start exercising. These are available on our website and are displayed around the leisure centre’. The Durham County Council logo and thrive logo also appears on screen.

0.37 – 0.45 A wide angle from the camera shows a leisure assistant talking through the gym information, which is displayed on a wall, as the gym user is stood next to him.

0.45 – 0.57 A black background with white text on screen reads ‘You will have a welcome visit which includes: Collecting your membership card. Showing you how to safely use the equipment. Accessing activity timetables. Showing you key areas of the building.’ The Durham County Council logo and thrive logo also appears on screen.

0.57 – 1.01 A leisure assistant is demonstrating how to lift weights in the gym while a customer is watching and learning how it should be carried out.

1.01 – 1.05 The leisure assistant is now seen on a treadmill explaining to a customer how to use the machine safely as they walk on the treadmill alongside him.

1.05 – 1.10 A black background with white text on screen reads ‘We value cleanliness in our gyms, it’s important to wipe down equipment after use.’ The Durham County Council logo and thrive logo also appears on screen.

1.10 – 1.19 The camera shows a close shot of a customer wiping down gym equipment after finishing their exercise.

1.19 – 1.23 A black background with white text on screen reads ‘Changing facilities, toilets and lockers are available to use during your visit.’ The Durham County Council logo and thrive logo also appears on screen.

1.23 – 1.26 A wide angle from the camera shows the lockers and changing rooms.

1.26 – 1.29 Another wide angle from the camera shows the changing facilities.

1.29 – 1.34 23 A black background with white text on screen reads ‘Please familiarise yourself with pool rules before entering the pool.’ The Durham County Council logo and thrive logo also appears on screen.

1.34 – 1.39 The camera shows a customer who is dressed ready to enter the swimming pool, reading the pool rules poster hung up next to the pool.

1.39 – 1.43 A wide angle from the camera shows the pool safety information poster on the wall near the swimming pool.

1.43 – 1.48 A black background with white text on screen reads ‘Please shower and use the toilet facilities before entering the pool’ The Durham County Council logo and thrive logo also appears on screen.

1.48 – 1.52 The camera shows the showers in the leisure centre, that customers are encouraged to use before and after entering the swimming pool.

1.52 – 1.57 A black background with white text on screen reads ‘Classes. Introduce yourself to the coach for expert advice, technique, and alternatives. It’s important to read the class rules before taking part.’ The Durham County Council logo and thrive logo also appears on screen.

1.57 – 2.07 The camera shows us a group of females taking part in a yoga class.

2.07 – 2.14 A black background with white text on screen reads ‘Leisure Hub. Manage your booking online. Book activities, exercise, and aqua classes. Make payments.’ The Durham County Council logo and thrive logo also appears on screen.

2.14 – 2.23 The camera then shows a person’s hands holding an iPad as they then go through the online booking process.

2.23 – 2.32 A grey background appears on screen with the Thrive and Durham County Council logo. A white hexagonal shape appears to the left-hand side and text within that reads ‘Welcome to your local leisure centre. Visit www.thriveleisure.co.uk for booking information and further information.

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