**Physical Training Wing**

44. IAW Policy the swimming pool, Oman Hall and Montgomery Gymnasium are not to be used. King Hamed Hall will be operating a restricted service allowing up to 10 military pax to use the ground floor only. Key FOBS can be signed for from the Ac guardroom 24 hrs per day. Civilians are not to use this facility.

45. The PCRF will be open for telephone/F2F consultation from Mon-Fri 0830-1200hrs while COVID 19 restrictions remain in place. Rehab Guru exercise programmes will be provided by email. The Department will be closed from 23 Dec 20 – 3 Jan 21 (Inclusive).