

COVID-19 POLICIES

To ensure the safety of our clients and teachers, we have implemented the following procedures. These cover how and when our space is used, and how and when it is cleaned. They also state how we will conduct the sessions and the ways in which we ask clients to help maintain a safe environment.

- Clients are asked to cancel their sessions, giving us 24 hours' notice, if they are experiencing any signs of COVID-19 or if they or anyone in their household has been into contact with someone who has symptoms or has been diagnosed with COVID-19.
- The entrance gate will remain open before and after appointments.
- Please do not arrive early - arrive on-time and stand outside the studio, on a marked spot, until invited in. Hand sanitisers will be available on each marked spot for use prior to entering and leaving.
- We will observe social distancing guidelines to stay the required distance from clients unless we need to step in for coaching.
- Hands-on coaching is not permitted without PPE i.e. sanitiser and mask.
- Face coverings are not mandatory for teachers, but we will be wearing a face covering.
- It is down to the individual client to take reasonable personal responsibility when taking part in physical activity. The World Health Organisation (WHO) do not recommend face masks when exercising, but feel free to wear one if preferred and please supply your own.
- Please bring minimal personal items with you - You will be provided with a box on arrival to store your things near a Reformer
- Toilet facilities will not be available.
- We ask clients to bring their own water bottle and towel if required.
- We ask clients to use sanitiser before and after their session. Hand sanitiser will be provided.
- Equipment must be cleaned after each use by the client, with single use materials provided.
- After each client, we will carry out cleaning of high-contact touch points throughout the studio (including door handles).
- Windows and doors will be kept open as much as possible.
- There will be a minimum of 20 minutes between sessions to avoid cross-over between people.
- We will not be wearing gloves nor will we ask clients to wear them, but you are welcome to do so. The World Health Organisation (WHO) advise it is preferable not to wear gloves, but to regularly wash your hands or use hand sanitiser.
- First Aid: Although there may be heightened concerns around first aid, this will continue as Normal in the studio, with the addition of gloves and face masks being worn for general first aid.

- ON-LINE CLASSES – where possible please ensure someone is aware you are working out on-line and can be called upon to assist or to call the emergency services if required.

We will continually review our policies in line with Government advice, particularly the 'Working safely during coronavirus (COVID-19)' guidance for those providing close contact services.