

## COVID-19 SAFETY STEPS

Ensuring our members and employees well-being is the most important thing to us and guides every decision we make. Below are the steps we are taking with you to ensure we are safe and compliant when we open on 15 June.

### WHAT WE ARE DOING



#### Arriving to a Class

Members are asked to only arrive 5 minutes before the start of their class. This is to minimise cross over between classes and ensure social distancing guidelines are adhered to. Once classes start the studio will be locked to ensure no additional members enter the building and numbers aren't compromised.



#### Hand Hygiene

All our instructors will use antibacterial hand sanitiser before and at the end of a class and will ask all members to do the same (Instructors will not directly touch members for corrections unless there is a safety concern).



#### Class Sizes

Every space has been measured to ensure we comply with government guidelines of only 1 person per 4 square metres and class sizes adjusted accordingly. All room capacities will be displayed on signage by the door.



#### Class Times

Classes will be 50 minutes to ensure there is appropriate time for cleaning of equipment and changeover of classes.



#### Cleaning of Equipment

As always instructors will ask members to thoroughly wipe down all equipment used in the class with antibacterial wipes at the end of each class.



#### Cleaning of High Touch Surfaces

Staff will be ensuring frequent cleaning of the environment you are training in. Door handles etc being cleaned additionally in the morning, lunchtime and evening.



#### Cleaning of The Studios

The studios will be cleaned every day and be professionally cleaned with hospital grade products every other day.



#### Props and Apparatus

Classes will be taught with minimum additional apparatus for example in reformer circles and hand weights won't be utilised for classes. For yoga and mat pilates members will need to bring their own mat and yoga block (Stock will be available to purchase from The Studio).

### WHAT YOU CAN DO



#### Stay at Home if You're Sick

If you are feeling unwell or have any of the symptoms of COVID-19 please cancel your session and stay at home. If you do contract COVID-19 please let us know straight away so we can make the appropriate steps to protect members and staff.



#### Hand Hygiene

Ensure you use the antibacterial hand sanitiser provided as soon as you arrive at the studio and use it again as you leave.



#### Respiratory Hygiene

If you need to sneeze or cough please do so into your elbow or a tissue and clean your hands after with antibacterial hand sanitiser.



#### Sweat Towel, Mats and Socks

Socks must be worn for reformers, members are required to bring their own mats for classes and sweat towels must be brought with you to cycle (We won't be able to 'lend' socks for members who forget).