



YOGABABE COVID 19 - IN STUDIO YOGA CLASS POLICY

I am delighted to recommence Yoga classes with you Face-to-Face. In collaboration with The Manor Health & Wellness Centre, I aim to keep you and us Safe and Healthy by implementing and adhering to the following policy. Please take your time to read it

Myself, Naomi Davies (and the The Manor), will make sure that:

- Floor and surfaces are cleaned and disinfected between classes and on a regular basis
- Mats are spaced 2 metres apart wherever possible
- The room is well ventilated before, during and after each class
- Students must bring own clean mats and equipment
- There is enough time between classes to clean and sanitise
- I (the teacher) is as far away as possible from students
- The room is checked & risk assessed before each class to ensure it has been cleaned and disinfected thoroughly - this will be documented.
- The teacher will wear a visor if necessary

You the student, please:

- DO NOT COME TO CLASS IF YOU HAVE ANY SYMPTOMS OF COVID 19 OR IF YOU HAVE BEEN IN CONTACT WITH ANYONE WHO HAS BEEN RECENTLY DIAGNOSED. GET TESTED & PLEASE KEEP ME INFORMED OF TEST RESULTS
- Pre-book classes so I can manage numbers
- Enter the studio via the back door, through the black side gate (do not use the front door)
- Arrive on time, no more that 10 minutes before the class starts (if you arrive earlier please wait in your car or on the street outside.
- Use the hand sanitiser as you enter and leave the building
- Leave your shoes/coats in the cloakroom outside the studio (to minimise belongings inside)
- Bring your own clean mat/large blanket and equipment as needed (clean pillowcase for bolsters, etc including valuables).
- Come ready dressed to practise Yoga
- If possible, use the bathroom facilities before entering studio and be mindful of others if exiting studio mid class
- Wear socks in the studio to walk to your mat
- Please fill up the mats nearest teacher first, and towards the window last. Place your mat/large blanket on top of the marker mats in the studio
- Where possible, please wear a mask on entering the premises & in the studio (you can take them off when the class starts!)

(updates 10th September 2020)