



SCHOOL OF LARKS

Back-to-School Student Safety Guidelines for Covid-19 Prevention: 3rd June-20th July 2024

These are the measures that we will be taking for optimum safety against Covid-19:

- Soap and water for washing hands.
- Minimum of 70% alcohol-based hand sanitiser.
- Hypochlorous Acid (this is a completely non-toxic but highly effective disinfectant with a 99.999% disinfectant rate. We have chosen to use this to disinfect our equipment and spaces because it is effective, environmentally friendly and non-toxic. It consists of water and salt which is converted through electrolysis into hypochlorous acid).
- Face masks **may** be worn by teachers whilst spotting students and demonstrating if students are age 11 and over. If any student would like to wear a mask for any reason, they are most welcome to do so.
- Ventilation.

Students must adhere to the following:

1. Students **must** wash their hands with soap and water for at least 20 seconds on entering and before leaving the venue.
2. Hand sanitiser and hypochlorous acid spray are provided for use before using any of the equipment, and also after.
3. Students should bring their own exercise/pilates/yoga mat if they have one (for warm ups and cool downs). These can be purchased from School of Larks if needed for £20.
4. For aerial and handstand classes, students may be buddied up and either train on one piece of equipment per class **OR** rotate on all of the equipment (this is at the teacher's discretion). Those training on one piece of equipment can expect to be rotated to another piece of equipment for each subsequent class.

5. Face masks **may** be worn by teachers whilst spotting students and demonstrating if students are age 11 and over. If any student would like to wear a mask for any reason, they are most welcome to do so.
6. Windows/doors may be open to allow adequate ventilation in the room. Please make sure layers are worn to keep at a comfortable temperature.
7. Students must not attend classes if they have any Covid-19 symptoms such as a new persistent cough, fever, loss of smell or taste. Or have been in contact with someone who has tested positive or has symptoms.

NB: We will be reviewing the above constantly and if any measure prevents us from doing our job properly and safely we will amend accordingly. We will notify you of any changes that are made. Any parents that have any concerns or questions about the safety measures we are taking, do please email us.