

Greentop COVID 19 Secure Classes Protocol

Version7: 19 /07/2021



Entering and using the building:

1. You should not come to class if you or anyone in your household has any COVID 19 symptoms.
2. Try to keep social distance of 1m plus,
3. On arrival we will:
 - require you to clean your hands with hand sanitiser or soap and water at the sink, and ask you to do this before leaving the building
 - Check your temperature. Should it be over 38 degrees we will ask you to kindly not attend class.
4. We will ensure the ventilation system is on. Two switches are located behind the tallescope, with the speed set at speed 4.
5. Whenever possible arrive in training clothes, to avoid use of shared toilets as changing rooms. Bring your own water bottle.
6. Bin lids will be left off or open, so you do not need to touch them when disposing of paper towels
7. Do not use any kitchen appliances or crockery

Your training and equipment

1. PPE: Masks: you must wear masks in the building unless you are a child, exempt, taking part in a warm up or undertaking any activity where the mask creates undue risk to your training or inhibits the teachers ability to do their job.
2. To sanitise your hands between use of shared equipment.
3. You will clean your mats at the end of the session as instructed by the teacher
4. In the case of an accident or emergency, social distancing measures can be temporarily suspended as necessary
5. If you need a first aid item and it is not an emergency, ask a member of staff to get it for you
6. If you feel ill please inform the teacher and sit out the class in the lobby or arrange leave as soon as possible.

If anyone who has been at Greentop discovers they have Covid 19 by an NHS test, please inform the centre as soon as possible: call 0114 244 8828 or email manager@greentop.org

Anyone who has been in the relevant class as that person will be informed.

With the ongoing presence of Covid 19 in the UK, we at Greentop have a responsibility to let you know that there is a chance of contracting it in the centre. We have taken all reasonable precautions to prevent the spread of the disease and cannot be held responsible for anyone who is exposed to Covid 19 in the centre.

We are constantly reviewing the protocol as the situation changes. Your feedback or suggestions are welcome in helping us provide the safest environment possible.