

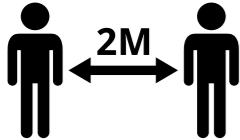
# COVID-COMPLIANCE AT CLASS

A REMINDER OF YOUR OBLIGATIONS TOWARDS YOUR OWN SAFETY AND CONSIDERATION TO YOUR CLASSMATES

**YOU MUST BRING ALL YOUR OWN EQUIPMENT FOR EVERY CLASS: YOGA MATS, YOGA BLOCKS, BELTS/TIES, BLANKETS, WATER BOTTLES. THERE IS STRICTLY NO SHARING UNDER ANY CIRCUMSTANCES.**

1 

Read all detailed guidance issued by email **BEFORE arriving at class**, especially **IN/OUT PROCEDURES** which vary by venue.

2 

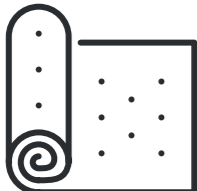
Maintain 2-meter **SOCIAL DISTANCE** at ALL times: **BEFORE, DURING, and AFTER CLASS.** Arrive **ON TIME** to **avoid congregating at venues.**

3 

Apply **HAND SANITISER: BEFORE and AFTER CLASS.** Apply **HAND SANITISER: BEFORE and AFTER** using **TOILETS.**

4 

Bring **minimal items to class** and avoid touching unnecessary objects, going into handbags, or using mobiles once you have entered the hall.

5 

**BE AWARE!** Avoid stepping over other people's mats and adhere to the **LAYOUT PLAN** prepared for each venue to support 2-metre social distancing.

6 

Before each class I will check everyone is **Covid symptom-free** and ensure hand sanitiser has been applied. If in any doubt **TEMPERATURE CHECKS** will be taken. You must tell me if you have had any Covid symptoms, cough, cold, flu like symptoms, or generally feeling unwell over the past couple of days.

7 


To ensure a **prompt and safe changeover between classes** I will supply quick-drying **Antibacterial wipes** at the end of each session so **everyone will be required to clean their 2-meter floor space around their mats** ready for the next class. Your hygiene efforts will be greatly appreciated in helping keep to the class schedule. **Venues with carpeted surfaces will have anti-viral spray applied.**

8 

Student attendance will be recorded at every session to support the Track and Trace system. You **MUST** advise me **immediately** if you become symptomatic after attending class.

9 

Rooms will be ventilated with doors and windows kept open as much as is comfortably possible.

10 

Try to avoid using facilities unless necessary.



Thank you in advance for your co-operation and adherence to these safety guidelines to ensure that together we commit to every sensible precaution around our class environment, Anne Griffiths

If you have any queries, contact me on 07830 378026.

[yogabubble.net](http://yogabubble.net)