

## **Covid-19 - a guide for students attending yoga classes**

### **Students must not attend a class if:-**

- They have any of the following symptoms – dry cough, temperature, loss of taste or smell.
- Anyone in their household has any of these symptoms.
- Have tested positive for Covid-19 or anyone in their household/bubble has tested positive for Covid-19. If you have tested positive, please inform me as soon as possible.

### **Arriving for Class**

- Bring all your own equipment including water (the kitchen will not be open) – you must not share your blocks, straps etc with other students.
- Borrowing equipment from the teacher should be kept to a minimum. The teacher will provide equipment for students who need it and this will be cleaned straight after the lesson.
- Try to avoid waiting outside the venue especially with other students. If you are early, please wait in your car until a few minutes before the class begins.
- Do not enter the hall until the teacher has checked the venue and done all the necessary preparations for the class.
- Please use the hand gel provided when you come into the venue.

### **During the Class**

- Please place your mat 2 metres from all other mats in the designated areas. If we need to reduce the distance to 1 metre, then all students must wear face masks.
- No student should be facing a neighbouring student, eg when you need to lie on your side, you must have your back to the student behind you.
- A toilet will be available but should only be used if absolutely necessary.

### **Responsibilities of the Teacher**

- Clean the floor before and after each session.
- Clean and sanitise all equipment after use.
- Ensuring hand sanitiser is available at the start and end of every class.
- Avoid hands on adjustments - verbal communications only.
- Ensure room well ventilated before, after and during class
- Wearing a face shield even when 2 metres apart.

### **Responsibilities of the Hall Owners**

- They will have a regular cleaning regime and the hall will be cleaned between each hire of the hall.
- They will close the hall for 72 hours once notified of a positive corona virus test from **any** user of the hall and will deep clean the hall. For this reason, lessons may need to be cancelled at short notice.
- A risk assessment for each hall is available for anyone who would like to check it.

### **Payment for Classes**

- Payment in cash and by cheque still accepted.
- Payment by bank transfer is preferred - let me know if you do not have my bank details and would like to pay this way.