

COVID 19 YOGA POLICY

As we return (to life) to the new 'normal', there will be a few changes that require your attention prior to your yoga class. These points are detailed in this document so please read it thoroughly, for my safety, your safety and the safety of our community.

What is required of me

- ★ Yoga classes will be limited in number of attendees, for the safety of all students and myself
- ★ Putting in place social distancing measures - All mats at least 2 metres apart
- ★ The yoga venue will be well ventilated before, during and after class
- ★ Ensure hand sanitizer is available before and after class
- ★ Floors and surfaces cleaned and disinfected after each class
- ★ There will be no hands on adjustments and verbal communication will be used instead
- ★ As I am facing the class, I will be wearing a visor throughout the yoga session
- ★ Washing hands on a regular basis before and after class
- ★ I will be doing risk assessments for all venues
- ★ Health forms and class register will be used to support insurance requirements and track and trace measures

What is required of you

- ★ Maintain 2 metre distance between yourself, other students and myself at all times
- ★ You are welcome to wear a face mask/covering (this is not compulsory, due social distancing and government guidelines)
- ★ Ensure that you use the hand sanitizer provided before and after class, Or make sure you wash your hands for at least 20 seconds before and after class
- ★ It is essential that you bring your own yoga mat and equipment to class, as no equipment will be provided under current guidance
- ★ Please bring your own water
- ★ Please arrive clean and ready for yoga, and avoid bringing too much with you
- ★ Recommend wiping down your mat and equipment after class with disinfectant provided
- ★ If you feel unwell in any way or have had contact with someone with a suspected or confirmed case of COVID 19, please do not attend a yoga class. Please let me know with as much notice as possible.
- ★ If you, someone in your household, or someone you have been in close contact with, comes down with a suspected or confirmed case of COVID 19 within 7 days of attending a yoga class, please notify me as soon as possible.