

Covid Health and Safety Guidelines

Please note that, due to the nature of the circumstances, the following regulations are subject to change.

Track and Trace

Of paramount importance: In order to comply with the Government's Track and Trace programme, it is essential that all students are registered and teachers maintain accurate records of class attendance with contact details for all students.

If any participant (including the hirer) has been to the studio for a class and develops symptoms of Covid within a seven-day period, this should be reported to the teacher and studio at info@yogabase.org

Government guidelines must be adhered to and are as follows:

- Hands must be cleaned on entry and at regular intervals at the provided sanitation points or in the toilet sinks.¹
- Studio numbers are limited according to the current Government guidelines for social distance.

Yogabase is strongly advising hirers and all participants (teachers and students) to follow these guidelines.

- Participants wear lesson-appropriate clothes on arrival to avoid changing-room use where possible.
- Facemasks should **not** be worn when exercising.
- Facemasks should be worn if social distance cannot be maintained i.e. other than the studio.
- Belongings to be left upstairs or hung outside the studio to avoid changing-room use.
- Students, where possible, should bring their own equipment.

¹ If shoes are removed by hand, hands should be cleaned again. This is due to advise around public spitting and body fluids on the pavement.

- Observe one metre social distancing when 1) Waiting to enter the studio, 2) Inside the studio (see note below regarding social distancing*).
- Minimise touching of the walls and floor with hands.
- Windows and doors to be open while using the studio.
- Everyone should bring their own water bottles.
- Socialising after class should not occur on the premises.

***Social Distancing**

Government-issued social distancing regulations should be adhered to at all times. You must maintain social distancing in Yogabase wherever possible:

- Advise students to maintain social distance outside the studio.
- Keep the doorways clear.
- Only one person should use toilets / changing rooms at a time.
- On the staircase, use the wall mirror to enable social distancing.
- Hirer to set out space according to studio plans provided and to ensure adherence to social distancing.

Temporarily prohibited:

- Use of the air conditioning units
- Use of the showers
- Use of lockers
- Use of tea / coffee facilities

Cleaning:

Clean any equipment used after your session. Please note some equipment cannot be used at the moment.

Note that the cleaning schedule has been increased.

The studio will now be cleaned on a daily basis or when it has been used.

Practical administration advice to teachers:

- Contactless or online payment should be used.
- Paperwork including class registers should be online and / or electronically stored to avoid paperwork.
- Leaflets and timetables will not be available for advertising.

Modified 25 July 2020