

Kath Turner Yoga Covid-19 Prevention and Control Policy

This Policy includes guidelines for:-

Public Classes

Private Tuition

Following the Governments guidance we are please to tell you that community classes indoors and private tuition can resume.

Covid 19 has had a huge impact on everyone and during this time my one to one studio and Talwrn Village Hall (where I teach the public classes) have both been temporarily closed. We have made a number of changes before re opening.

My priority is to keep everyone safe I have completed a Covid-19 Infection Prevention and Control Course and made changes in the way I operate classes and private yoga appointments.

For both Public Classes and Private tuition please follow the latest government guidelines and please do not attend classes if you are/ or think you might be in breach of these. Please do not attend a class if:-

- Either you or someone you live with is exhibiting Covid 19, cold or flu like symptoms.
- You have experienced Covid 19, cold or flu type symptoms in the last 14 days
- You have been in contact with anyone with Covid 19, cold or flu symptoms in the last 14 days.
- You have recently returned from travel.

Public Classes

Booking your place at the class

There will be a limited number of people in the class. This limit is 9 students and myself.

Students will need to book in advance for classes. Please don't arrive at class without booking as we need to keep to the limited student number in order to help with social distancing. Please endeavour to arrive on time. In order to avoid congregating outside the hall please wait in your car if you arrive early. I will unlock the hall door a few minutes before our class is due to start. On entering the hall before class and when leaving after class please do so in an orderly manner and maintain a social distance of 2m between yourself and fellow students.

Hand sanitiser will be available before entering the hall and in the toilets. This is to be used by everyone before entering the hall and on leaving. Please also bring your own sanitiser. We encourage you to wash your hands on a regular basis (before and after class) Disposable paper towels will be available in the toilets for you to dry your hands.

For your safety and to maintain social distancing I will mark out (with a coloured sticker on the hall floor) the places for your mats. There will be 2 metres between mats. If you are late for the class it is not a problem, just enter quietly and a marked space will be available for you to put your mat down at the back of the class.

I will ensure that, as your teacher I am safely distanced away from all students and I plan to teach you from the stage in the hall. I will be avoiding hands on adjustments and favoring verbal communications instead. I will not be walking around the room.

According to government guidelines, masks are not mandatory in the gym/exercise venue and face coverings do not have to be worn where it would be "impractical" to do so. Please be advised that "other measures" have been put in place to help ensure students are safe as listed in this document. You are however welcome to wear a face mask during class if appropriate.

Students must please bring their own clean mats and equipment (belt, blocks, brick and blanket) There will be no "communal shared" yoga equipment in class and students must not share their yoga equipment with other students.

To avoid cash contact classes will be paid for in advance of the term via BACS to my bank account or via cheque.

I will arrive at class early, like before to set up and additionally to ensure that the room is well ventilated before, during and after each class.

When you leave the class at the end please do so in an orderly manner and continue to respect the 2m social distancing.

In the event that I run 2 classes in one day I will leave enough time between classes to clean and sanitise. Floor and surfaces will be cleaned and disinfected between the classes.

I will contact the village hall committee in advance of the class to ensure that the hall has been cleaned and disinfected prior to our class. I will also consult with them to ensure I also adhere to their COVID-19 protocol. There will be open windows in the hall and the toilets to ensure good ventilation before, during and after the class. In line with the British Wheel of Yoga (my governing body) guidelines, before each class I will perform a risk assessment and ensure the room has been cleaned and disinfected. Additionally I will keep documented evidence of the risk assessment.

All these procedures are implemented for everyone's safety and I thank you for your support and understanding.

Appointments for Private Yoga Tuition.

Appointments for Private Yoga Tuition can be booked in advance as usual by phone, text or email.

If you or anyone you live with display symptoms of Covid-19 please inform me as soon as possible and do attend your appointment.

Attending Appointments

For your safety and to maintain social distancing we ask that you attend your appointment **on time and on your own**. Please do not arrive early as this may mean you come into contact with other clients who have finished their appointment.

We ask you to please wait in your car in the event that you do happen to arrive early for your appointment. I will then greet you from a safe 2m distance and we will maintain this distance as we walk a few yards from your car to my yoga studio.

For those of you, who arrive by Public Transport, please let me know and I can make an appointment for your anticipated arrival time.

According to government guidelines, masks are not mandatory in the gym/exercise venue and face coverings do not have to be worn where it would be "impractical" to do so. Please be advised that "other measures" have been put in place to help ensure students are safe as listed in this document. You are however welcome to wear a face mask during class if appropriate and I will use personal protective equipment (PPE) during client visits and during your session if deemed appropriate.

I understand the importance of hand hygiene and will ensure I wash my hands in accordance with NHS recommendations before the class.

Please bring your hand sanitiser with you; there is also hand sanitiser available at my yoga studio. You are asked to wash and sanitise your hands before and after your appointment

My studio has sufficient space that we can be 2m apart whilst I teach you. We will remain 2m apart as I will not be doing any "hands on" adjustments but instead all instructions and any necessary corrections will be communicated verbally only.

The yoga room and bathroom are both cleaned and disinfected prior to your class. Additionally both these rooms are well ventilated with open windows and/or door in both rooms before, during and after treatment.

As previously there is always a significant gap between client appointments for cleaning of the yoga room and bathroom. Including making sure all common surfaces, chairs, desk, doors, door handles, toilet, sink, taps etc are cleaned using disinfectant products between each client.

You are encouraged to bring your own yoga equipment to your private yoga appointment. This equipment needs to be clean and sanitised and includes a yoga mat, belt, block(s) and a belt. Please also bring with you a washed blanket. In the event that we are short of any yoga equipment necessary for the safe practise of a

posture you will be asked whether or not you would like to use my studio equipment. All my yoga equipment is disinfected or sterilized before and after every use.

All my yoga studio laundry, including blankets, and my yoga clothing is washed at 60-90 degrees C.

All these procedures are implemented for everyone's safety and I thank you for your support and understanding.

Kath Turner Yoga August 2020