

## **Health & Safety Changes to classes - Covid-19 - updated 19/10/2021**

**These expectations & measures are designed with your safety & wellbeing in mind to allow us to remain active in a safe manner**

- Please bring your own filled water bottle to class
- You must bring your own equipment to class which has been sanitised prior to each session
- Please use paper towels instead of sweat towels which will be supplied at start of class and place them in the allocated bin upon exiting class
- Any tissues used during class are to be placed in the bin upon exiting the class or taken with you and disposed of at your home
- Please follow the one way entrance and exit laid out at the venue where appropriate & ensure adequate space is given between yourself & other participants
- Please maintain social distance when waiting outside to enter, when entering the venue, throughout the session, including when visiting the toilet and when exiting the venue at the end of the class
- Respect others, be spatially aware & consider other people's feelings. Some people may be in the vulnerable category or feel anxious
- Please avoid congregating prior to and after the class, be mindful of other people that may be trying to reach their vehicle or vacate the premises.
- Only one person is to enter the toilets at any one time. This does allow use of disabled, ladies & gents toilets (one person in each), please be aware of social distancing when moving from your space in the hall to and from the toilets
- Ensure that if using the toilet you wash your hands with soap & water for a minimum of 20 seconds
- Please adhere to any rules/signage displayed in the venue/s
- Please keep your personal belongings with you in your allocated space within the hall to avoid people putting their items in close proximity to each other. Whilst still being mindful of such items not posing a potential trip hazard during the class.
- You are not required to wear a face mask during the class. Evidence has shown that face masks may offer no protection after 10 minutes of activity due to increased absorption of moisture. Also increased levels of carbon dioxide can be detrimental. You can of course wear a mask if you would prefer to.
- Please do not attend a class if you are displaying symptoms of Covid-19. Adhere to the latest government guidelines for more information.
- If you feel unwell and display symptoms during a class please put on a mask, avoid touching anything & you will be asked to move to a designated area.
- Please be aware your fitness levels may have changed, if you have become deconditioned please work at an appropriate level to rebuild your fitness safely.
- If you would like further information please check the government guidelines website or contact Nicola Rayner Fitness - [fitone@live.co.uk](mailto:fitone@live.co.uk)