

Covid-19 Mitigation Conditions for Attending Yoga Classes

What You Must Do – *please familiarise yourself.*

- Please **DO NOT** come to class if you are unwell or if you have been in contact with anyone suspected of having COVID 19 in the past 10 days.
- Please arrive in good time for your class and enter the hall one by one; allow the person in front of you to get established in the hall before you enter and maintain a social distance of 2 metres at all times.
- You **MUST** wear a face covering to enter and leave the hall. Once you are on your mat and 2 metres away from your nearest “mat neighbour” you can remove your face mask.
- It is going to be amazing to be together again, and I share your excitement, but please maintain social distance whilst chatting before and after class.
- A one-way system will be in operation – you should enter through the main front door and exit through the double “French doors” in the main hall. *Note: these will be left open during class throughout the summer.*
- Prior to entering the hall you must thoroughly sanitize your hands. I recommend you carry a personal supply of hand sanitizer even though there will be sanitizer available at the hall.
- You must bring your own mat and blocks as I cannot lend any equipment for the foreseeable future. Your personal equipment must be kept scrupulously clean and **NEVER** shared with anyone!
- Please avoid bringing **ANYTHING** into the hall that is unnecessary – this includes extra clothing, bags etc. Consider bringing a small cotton sack for your outdoor shoes so you can leave this next to your mat and then “grab” on your way out. Here’s a list of items you can bring into the hall:
 - Yoga Mat & Blocks
 - Water bottle
 - Phone (on silent of course!)
 - Small shoe bag

- It is not possible to “drop-in” to classes; numbers will be carefully monitored on my online booking system and contact details are stored here so that in the event of you, or another student, developing symptoms everyone can be contacted.
- Please try to come to class completely ready so as to reduce the need for taking time in confined spaces such as the toilets or side room. The toilets will remain open for use but the **kitchen is complete out of use**.
- If you feel like you need to cough or sneeze during class then you must quickly cover your face with your t-shirt or walk outside.

Mitigation actions taken to keep you safe

- I have reduced class sizes and determined the exact distance necessary between mats to ensure 2 metres social distancing.
- The Village Hall committee have agreed to much higher levels of cleaning and I will also be cleaning the hall before and after your visit; this includes thorough cleaning of door handles and other frequently touched surfaces.
- I will thoroughly ventilate the hall before class (*I actually always do this*) and windows and doors will remain open during class.
- I am unable to offer “hands on” adjusts at this during following Yoga Alliance guidance.
- I am unable to provide any equipment on loan at this time but I do have some new blocks that are available at cost price, I have a few “pre-loved” mats available for a small charge and can order you a new mat should you require.

Thanks you so much for playing your part in
keeping us all safe.