



Covid-19 group class teaching procedures effective 07 June – 21 June 2021*

Please be assured that I will continue to make everyone's safety my priority.

Bring your own equipment

Please bring your own mat, bands and head cushion/pillow with you. If you have a band please bring that too. If you require equipment to be loaned that can be arranged.

Class numbers for each venue will reflect the available space to maintain distancing and markers will be located for you to space your mats in line with distancing guidelines.

Arrival and departure

Please avoid being early for your class, and wait at home or in your car until just before your class time if possible at all venues.

Everyone is required to wash or sanitise hands on arrival, and to minimise personal possessions brought into the venue.

Please wear a face covering on arrival to and departure from your mat station. Current guidance is that masks are not a requirement during exercise.

No mixing or congregating with others, before or after class unless they are from the same household.

Distanced teaching

I will maintain two metre distance from all clients during class, so tactile cueing is not permitted.

Covid-19 symptoms

If you have any symptoms of Covid-19, we require you to stay away from your class and to follow the current guidelines for isolation.

If you are isolating but have no symptoms, you may still take part in Zoom sessions.

Track and trace

Because all our sessions are pre-booked, we know exactly who we have seen, when and where. The NHS app QR code is displayed in all venues for you to scan on arrival.

*to be updated thereafter or earlier if applicable in line with government guidance