

Policy for Safe Practice in the Time of COVID-19

Last Updated 03/8/20

These are the guidelines we are currently implementing at the studio. This is a working document subject to change in line with government health & safety policies related to COVID.

We would like you to feel comfortable and safe at the studio. If there is anything we can do to meet your individual needs, please speak to your teacher or email

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- Please **DO NOT** come to the studio if you, or anyone with whom you are living, is exhibiting **any signs of poor health**. If you are exhibiting COVID-specific symptoms you must not attend class for 2 weeks. Notice of COVID symptoms will waive you of our cancellation policy. We ask that clients do not take advantage of this waiver and remember that a COVID cancellation requires a 2-week break from the studio.
- **Face masks**: Please arrive wearing a face on entry to the studio. Disposable face masks are available inside the studio, if you would like one please contact your teacher before arrival.
- **Hand washing/sanitising** is required on arrival and recommended on departure
- Hand sanitiser is available inside the studio on the cubbies to the left of the door
- We are only admitting 3 students per class on an agreed basis and socially distanced
- We are operating staggered start times to reduce simultaneous changeover.
In order to ensure social distancing between clients, please do not spend unnecessary time in the studio.
- Major surfaces and handles are cleaned before and after each class
- **Hands-on**: Currently, there will be no hands-on given during teaching unless a teachers and client have reached a mutual agreement. If both agree, hands-on may only be carried out in such a way as to avoid face to face contact.
- **Optional Yoga mats and blocks**: Clients may bring their own yoga mats and blocks to class
- **Optional Gloves**: Clients may bring their own latex or other type of freshly laundered gloves. Disposable gloves are available in the studio.