

COVID 19 Health and Safety Guidelines For Jane Fletcher Pilates Classes Held In Person Summer 2021.

To comply with guidelines issued by my Pilates Exercise Governing body and to ensure a safe Covid 19 environment for all live classes, I will need to ask class members to implement and agree the following measures.

Class capacity

Social distancing guidelines, restrict the capacity and availability of spaces in live venue classes in line with prevailing COVID 19 UK Government regulations. This restricts the numbers that can participate safely in each venue and requires participants to book in advance with myself to avoid disappointment and maintain an essential and safe environment for all. I do need to reserve the right to refuse entry to participants so that I fully comply with the safe management of venue numbers.

Safety and Attendance

- Please do not attend class if you are feeling unwell or have the following Covid-19 symptoms high temperature-new or continuous cough-loss or change of sense of smell or taste.
- Do not attend class if you have been in contact with, or know of anybody that has been exposed to the virus in the last 14 days.
- Should you have attended a live class and subsequently develop Covid 19 symptoms and test positive for the virus please contact me immediately on 07776 058973 and confirm by email.
- Do come ready and changed for your class and bring the minimum of personal items with you, which need to be placed in a bag next to your mat.
- Where possible please bring your own mat, head cushions and blocks.
- Where personal mats, head cushion and blocks are not available, I have a limited supply of place mats and other essential equipment available for class loan EXCEPT for head cushions. At the conclusion of class, all mats and equipment will need to be cleaned with cleaning materials provided by myself before their return to me on departure from class.
- I will monitor my own daily health and adhere to all prevailing Covid 19 regulations and undertake weekly lateral flow tests provided by the NHS.

Entering and Exiting Venues

- Please enter and leave venues in single file and maintain strict social distancing measures. This will help to ensure a safe Covid 19 environment for all participants.
- **Broughton Village Hall:** Entrance will be via the front door as normal. Exit will be via the fire exit in the main hall. Please only use the toilets available in the main hall at Broughton. Only **one** person can use the toilets at a time.
- **Cranford Village Hall:** Entrance and exit is via the new front door and is on a one-way system. Please ensure that you maintain the advised 2 metre social distancing rule between each other on entering and leaving the building.
- I will take your temperature with a non-contact thermometer on your arrival. Should anyone have a temperature above 38 degrees centigrade I am unable to allow you to enter the venue.
- Hand sanitising stations will be available for you to use on entry into each of the venues, and you are politely asked to use them before class entry.
- I will have placed markers on the floor of each venue, and I will politely direct you to one of these markers for you to lay out your mat. Each mat's centre is two metres from the next. Please ensure that the middle of your mat is placed over the marker and that you then stay on your mat whilst waiting for class to start and avoid movement around the room.
- Please check in to your class using the QR code available or ask me to sign you in via the manual register which I am required to use as proof of attendance.

LATE ARRIVALS

Please ensure that you arrive at class 10/15 minutes before the published time to allow for the necessary administration. I am unable to accommodate late arrivals.

Wearing of Masks

- We all need to wear a mask on entry and departure from class. Only when we are ready to start class, can face masks be removed.

Delivering and teaching class

- Until restrictions are lifted, I will be unable to walk around the room or have any physical contact to make corrections or body adjustments to your positioning. Instead, I will cue and execute all the exercises from a fixed position in class so that you have a clear visual prompt
- Windows and/or doors will be open for essential ventilation and may affect your comfort level. These cannot be closed during the class session to suit personal requirements.

What if my class must close once again owing to Government Guidelines or because of a member of a class has contracted the virus, or is requiring to self-isolate?

- If I should need to close live classes once again, I will continue to run your classes live via Zoom for the remainder of the payment period.
- If I am unable to run any of my classes owing to having contracted the virus myself, or a need to self-isolate I will offer a credit to the next available block booking, or a refund if preferred.⁴

All bookings and subsequent attendance at live in venue classes will be taken as your agreement to comply with the above COVID-19 health and safety guidelines. Thank you.

Jane Fletcher Pilates
31st May 2021