



POLICY for **studio classes**

(last updated on 06/07/2020)

1. **Closed door policy (ADVANCE booking & payment)**

All classes in the studio will be limited to a maximum of 6 attendees, in order to adhere to social distancing requirements. To facilitate this, you need to book and pay for your class in advance, at least **3 hours notice** is required. No walk -ins can be facilitated at this time.

2. **Cancellation policy**

Please note that if you cancel your place on a pre-booked class, **with less than 6 hours notice**, you will be charged for that class.

3. **Health Questionnaire**

You will be asked to complete and sign a COVID-19 HEALTH QUESTIONNAIRE prior to coming to the studio.

4. **Mats and props**

For the foreseeable future, you will have to bring your own mat, blanket and belt to the studio, blocks too, if you have them, as no props will be provided. Please bring your own water bottle.

5. **Coming to the studio**

Please be at the studio **15 minutes** prior to the class starting time. Wait in your car or outside the building, provided that you can maintain social distancing and that you don't block the access to the other units in the building. **NO WAITING or queuing** on the stairs leading to the studio is allowed, please be mindful of our neighbours and their clients, who also need safe access to the building. I will call you, one at a time, to let you in when it is safe to do so. Arriving late will disrupt the class,

please be considerate of other participants and your teacher and be on time. Arriving late may result in not being admitted to the class whilst still being charged for it.

6. Before entering the studio

Please **remove your shoes** just outside the studio door and place them in the shoe rack provided, **SANITIZE** your hands with the gel provided.

7. Walking around the studio

You are requested to **WEAR SOCKS** at all times when walking around the studio, you can be barefoot on your mat.

8. Entering the studio

Please limit the amount of belongings that you bring to class (i.e. no big bags/holdall bags) and store them on the designated shelf. Then proceed to place your mat on one of the spots clearly marked on the floor, starting at the areas further away from the entrance.

9. Leaving the studio

When the class is finished, please leave one person at a time, starting from the nearest to the exit and maintaining social distancing at all times.

10. For your safety

- Floors, walls and common surfaces (door handles, switches, taps, sink, toilet etc.) will be disinfected before and after each class. The balcony door/windows, weather permitting, will be left open to allow for air circulation.
- The teacher will not walk around the students nor give hands-on adjustments.
- You are requested to stay on your mat before and during the class, when queuing, e.g. to go to the toilet or to enter/exit the studio, you must adhere to social distancing.
- The use of face masks is recommended.
- Please **adhere to HSE guidelines** regarding infection control:
 - Avoid touching the face, eyes, nose and mouth
 - cover coughs and sneezes with an elbow or a tissue
 - dispose of tissues in the covered bins provided
 - **DO NOT** come to the studio if you feel at all UNWELL, even if you don't have COVID-19 symptoms