

Covid-19 Protocol for In Person Yoga Classes

These are the guidelines set by Progress to Success.

A policy of self policing for user groups of community centres has been adopted, the terms of which must be adhered to if future bookings are to be accepted.

1. Please pre book your Yoga classes in advance online as there are limited class number sessions in operation for your comfort and safety.
2. There are no cash payments at this time. Bookings are non refundable or transferrable unless you do this well in advance and manage your online booking on your log in or unless you need to cancel due to covid related symptoms.
3. The over-riding requirement is that anyone experiencing Covid-19 symptoms should not enter the building.
4. Please arrive 5 minutes before your class and in your Yoga clothes and only with essential personal items to limit and reduce the queue for the WC. If you use the WC please advise the 2 metres queue markers. Please wipe down all touch points when you have finished using the WC.
5. Please bring with you your own Yoga mat, strap, block and if you choose to your blanket and eye pillow.
6. We ask everyone present in the centre/studio to be patient, to think of others and to be responsible for their own actions. Each user group must appoint a member to be responsible for ensuring that the group complies with the following requirements :-
(That member is Shelley Edwards)
7. Shelley will Maintain contact details of all people attending the group activity. If a Covid-19 infection arises, all members of the group must be notified, who should then take action to isolate in accordance with government guidelines.. The centre management also need to be notified, so that appropriate cleaning measures can be carried out (see contact numbers below).
8. Shelley will provide necessary supplies of hand and surface sanitising equipment for the group to use during their activity.
9. Hands must be sanitised before entering the building and before and after using the toilet facilities (there is a hand sanitising station in the main entrance lobby).
10. All surfaces touched during the group activity must be sanitised after use. Particular attention should be paid to surfaces in the toilets.
11. Observe social distancing within your group, in accordance with current government guidelines. Masks should be worn in all situations where social

distancing cannot be achieved. We can achieve this but you may wish to wear a mask when entering and leaving and during the class if you choose. Spot markers will denote where you put your mat. You can keep your shoes on before stepping on your mat and have them by your mat for afterwards.

12. All users should be aware that other groups may be active in the building and social distancing must be applied in all circulation areas.

13. Please make sure you have completed your Health form and returned it to Shelley Edwards.

14. For track and trace purposes Shelley Edwards must have your name, address and mobile number on record.

Many thanks

Shelley Edwards
Director
Progress to Success

03.09.20