

## Covid-19 Procedures



### **STOP**

If you are feeling unwell or have been unwell please stay away for at least 48hrs. Don't forget to cancel your booking so someone else can take your space.



### **WASH YOUR HANDS**

Wash your hands as soon as you arrive for 20 seconds with hot water and dry with hand towels provided. Wash again before you leave. You may wash throughout your workout if you wish.



### **HAND SANITIZER**

Hand sanitizer is available throughout your workout, though washing your hands is your best option



### **COUGHS AND SNEEZES**

Please cough or sneeze into your elbow or into your towel

- Each class has been limited to a maximum of 3 people to maintain social distancing.
- There will be a 15 min break between classes/sessions for cleaning
- A full clean of the studio will be done throughout the day
- Each person will have 1 mat that they can keep, or you can bring your own (for floor work, yoga etc)