

# Covid Policy for Pilates Class Clients



I very much hope that this document will help to allay your fears about going back in to the halls for Pilates. I have planned meticulously for our return but I do understand that some of you may wish to continue to Zoom and that is perfectly fine.

I have made plans based on advice from both the Government Guidelines and from my industry professional organisation. This is an ever-evolving situation and we must all remain both aware and vigilant to protect ourselves. I do receive regular updates and my Covid 19 Policy will be revised as needed. I promise I will do my utmost to make sure all risks are minimised during your visit – whether it is to my studio or to a hall.

***Firstly, and importantly if you feel at all unwell please do not attend your class. There is a long list of symptoms of Covid 19 so please check the government website for current and up to date advice. If I feel unwell – classes will Zoom for that week.***

## The Hall

The hall will be clean for your use and all door handles wiped before each class enters the hall.

## On Arrival

- Please do not arrive too early for your class. Please wait in your car if you are early. You will need to wear a face mask – this may be removed when exercising. I am sorry, but if you are more than 5 minutes late to your class it is likely that you will not be allowed to join in.

- On entering the hall please avoid touching door handles where possible - you will be asked to use hand sanitiser, please apply the sanitiser, you will also be asked to remove your shoes before entering the hall and keep them with you. You will need to come dressed for Pilates.
- Your belongings: Please do not bring any shopping bags in and if you have a jacket, please leave in your car if you can. Please keep jewellery to a minimum. Please keep all belongings with you and do not leave on window sills or at the edge of the room.
- Use of toilets will be kept to a minimum and there will be only 1 available, please use only if absolutely necessary

## Once in the room

- The hall will have markers set out which will be placed at the correct socially distanced position – at the head end of your mat. Please do not move the markers.
- Place your mat in front of this marker and place your belongings close to your mat.
- Once you are on your mat you can remove your face mask. *Current WHO guidelines advise that it is not mandatory to wear a mask when exercising but you may wear one during your session if you wish.*
- You must put your mask on as the class ends and keep it on until you leave the room and building.
- We will have as much ventilation as possible so I advise, in the cooler months, that you wear warm layers and socks are advised.

## Equipment

- All clients will need to bring the following and are responsible for keeping their kit clean:
  - A mat
  - Suitable head cushion or towel
  - 3 m Band
  - Sissell/Triad ball
  - Tennis / Spikey ball
- Any equipment I provide will also be fully disinfected between every class

# Departure

When your session is over, please try not to touch anything as you leave.  
Please note in some halls you may exit from a different door

***I assure you that you will be very warmly welcomed and your Pilates session will be as effective and enjoyable as normal with all the zhuzh we love and expect!***

***Best Wishes Liz***