

Covid Policy for STUDIO Clients



I have taken advice from both the Government Guidelines and from industry professional organisations. This is an ever-evolving situation and we must all remain both aware and vigilant with regards to protecting ourselves. I have undergone training and receive regular updates regarding my Covid 19 Policy. 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 appointment or class we will re-schedule There is a long list of symptoms of Covid 19 so please check the government website for current and up to date advice.

On Arrival

- Please do not arrive too early for your appointment. 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 late to your appointment it is likely we will have to reschedule it. And you will incur the full cost of the session. Any late arrivals will have a knock-on effect on the next client's appointment.
- On arrival you will be asked to use hand sanitiser, please apply the sanitiser, you will also be asked to remove your shoes and leave them outside and I may take your temperature using contact less equipment
- 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 do not wear jewellery. There will be a container in which to put any clothing you need to remove
- Use of toilets will be kept to a minimum and there will be only 1 available, please use only if absolutely necessary

Me and my Equipment

- All of my equipment will also be fully disinfected in between every client.
- I will be wearing a mask which will be replaced between each client.
- All PPE will be cleaned and/or replaced in between each client.

Current WHO guidelines suggest that it is not mandatory for you to wear a mask when exercising but you may wear one during your session if you wish

If you are using the reformer you will be supplied with washable hand grips – these will be laundered after each use.

Departure

When your session is over, please try not to touch anything as you leave. Please keep your mask on until you leave the premises. It is also recommended that you register for the NHS Track and Trace app to maintain our safety.

Payment

Payment can be made prior to your appointment via Bank Transfer. If you would like to pay with cash, please try to bring the correct money.

I assure you that you will be very warmly welcomed and your Pilates session will be as effective and enjoyable as normal!

Best wishes Liz