

Returning to the studio safely – the Plan for the Clerkenwell studio

This is to inform you of the measures we have taken and the procedures you will need to follow to ensure we uphold a safe environment for our clients and teachers. We will continue to evaluate any risks and ask for your patience as we phase in this process.

General information:

- Studio sessions will be cut back to three clients per 75 minute session to maintain social distancing.
- The teacher will not be doing any hands on guidance until the situation improves.
- If you end up being the only client which we anticipate will happen over the next few weeks, your session will be an hour.
- Face masks/visors must be worn by clients and teachers in the studio.

Before your class:

- Please do not come if you feel unwell, giving us as much notice as you can. We ask that you be responsible and remind you to consider if you or anyone in your household has any respiratory symptoms, sore throat, a recent loss of sense of smell or taste, a fever or a new continuous cough before you enter the building. If you answered yes to any of those symptoms, call NHS 111 for advice. Under these circumstances there will be no late cancellation fee. Please respect this policy and use only if you are ill and unable to attend for that reason. We are a small business and doing our best to survive during these uncertain times.
- Please pay for your class in advance through the MBO online app or by BACS. Neither reception nor the teachers will be able to accept payments.
- An email reminder will be sent regarding your appointment. It will include this guide sheet.
- Prior to your initial/first visit back to the studio since 'lockdown,' please download the waiver from the PYM website. The waiver shows your consent and understanding of the potential risks linked to COVID-19 whilst exercising at the studio. For insurance purposes, a signed waiver needs to be completed before the first class. **Please bring a hard copy with you or you will be asked to sign a copy in the studio.** For insurance purposes the class cannot proceed without a signed waiver.
- Please set aside a water bottle, towel and face-mask to bring to the studio.

On arrival:

- When you arrive, please enter through the side door as opposed to the main door into reception, you do not need to sign in.
- Continue up the stairs and wash your hands in the toilet at the top of the stairs. This door will be kept open and must be used for washing your hands only.
- The changing rooms will be closed, please take your shoes off outside the studio and bring them in with you. There will be a small changing area and a place to leave your belongings in studio three (adjacent to the studio), the doors of which will remain open for the foreseeable future. Please come already changed if at all possible.

Friday, June 5, 2020

- On your first visit, please give your signed waiver form of consent to the teacher.
- You will be asked to sign a sheet confirming you have none of the COVID 19 symptoms listed above.
- At the **end of your session**, please leave through the back entrance to minimise contact with others (we will show you where that is). Reminder to maintain the two meter distancing.

During your class:

- Both teacher and client(s) will be wearing masks. Please bring your own. We will have disposal ones if you forget for a nominal fee of £1. Reminder to minimise touching your face. (We will review the wearing of masks subject to feedback from both teachers and clients).
- There will be sanitised hand gel in the studio. We advise clients to use it before and after getting off each apparatus and using small accessories equipment. We will also be cleaning these regularly.
- Each bed will be sanitised once the client gets off each apparatus.
- This will include the bars and anything touched by the client including the straps which will be wiped down with antibacterial wipes.
- Clients can use the toilet at the back of the studio. This will be cleaned regularly by both the teachers and Clerkenwellbeing.
- We have removed all soft fabrics cushions.

Please follow self isolation – government advice especially if you are:

- Pregnant
- Over 70's
- Pre-existing health conditions
- Weakened immunity

The rest of the building:

- Will have restricted use for the time being to one receptionist for the clinic and their respective patients. We will not be in contact with them.
- Currently only some practitioners will be working subject to government guidelines.
- All Yoga and Pilates mat work classes are cancelled until further notice
- Strict hygiene protocols will be employed: Areas of high touch will be wiped down consistently throughout the day.

To summarise:

- Do not come to class if you have any symptoms or live with someone who does.
- Do change before you get to the studio if you can
- Do remember to bring your signed waiver to your first class
- Do bring a water bottle, face mask and towel with you.
- Do enjoy your class

We ask you for your patience and understanding as we all adapt to this new regime. If you have any questions or wish to make an appointment, please email us at info@pilatesyoga.com we are here to help.

Stay safe and keep well – [Your wellbeing is our priority.](#)