

Returning to the studio safely – the Plan for the Kilburn 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.
- Facemasks/visors will 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 and arrive ready-changed for your class.

On arrival:

- When you arrive, please enter the main entrance to the church. The buzzers are on the right hand side of the door.
- After you complete the class please leave the same way.
- Once inside the main door, please wash your hands in the bathroom left of the main door.
- The toilet will be cleaned regularly by the church, nursery and our cleaners. Please feel free to use the tissues provided to open and close toilet doors.

Tuesday, September 1, 20

NB: The main entrance will be shared with some of the nursery children during their opening and closing times. The others will be using the other downstairs lower hall entrance. Parents are not allowed in and each child is greeted by two teachers who place their belongings into a plastic bag and wash their hands with hand sanitiser. Nursery staff are aware that this is also our route into and out of the studio. (If you do enter through the main doors, please use the hand sanitiser provided or your own. The toilets are also used by the nursery staff and children but this is closely monitored and cleaned before and after each use. We request that our clients spray with the toilet with cleaning materials provided.

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.
- We have removed all soft fabrics cushions.

At risk clients

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:

All user groups are required to submit their risk assessment to the church before they can use the premises. They are required by government guidelines to maintain these practises for the foreseeable future.

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.](#)

Anne-Marie H. Zulkahari

Studio owner and director