



**COVID-19 SAFETY PLAN.  
Updated 30/06/2020.**

**PLEASE READ**

The three most important factors to reduce the spread of COVID-19 are **social distancing**, **efficient hand hygiene** and **respiratory etiquette**. Here are the following precautions we are putting in place at Luna & Sol Wellness Studio to make this a safe space – please help us maintain this safe space where you can, to make sure we can continue trading and providing you with the services you love.

**1. Social Distancing**

- Social distancing of 1.5 metres at all times within the studio
- Class sizes limited to 12
- Yoga mats set up to allow for two square metres per person
- Increased time between appointments and classes in attempt to avoid cross over
- Please wait in your cars until just before your class time begins to avoid cross over

**2. Hand Hygiene**

- Hand sanitising on arrival to Luna & Sol Wellness Studio (sanitiser provided)
- Hand sanitising on leaving the studio or waiting room
- Hand washing if hands visibly soiled, after coughing/sneezing, and after going to the bathroom

**3. Respiratory Etiquette**

- Do not attend the studio with any cold/flu symptoms (or if you feel generally unwell)
- Coughing/sneezing into tissue and immediately disposing of it, sanitising hands
- Coughing/sneezing into elbow, sanitising hands
- If you do come into the studio and appear unwell, you will be asked to leave immediately

**Exercise specific requirements**

1. Bring your own towel to place over the yoga mat and/or bolster
2. Bring your own water bottle
3. We have yoga mats for you to use in the studio that have been cleaned thoroughly between classes
4. Please pay prior to attending your classes or cashless payment will be accepted in the studio (contact your yoga instructor for what they would prefer)

We are also regularly cleaning all areas in the studio and wiping down frequently touched surfaces within the COVID-19 safety guidelines.

We thank you in advance for helping us fulfil these requirements so that we can be a safe space for all people to attend. As class sizes increase to normal, we have to make sure we do not become complacent with these practices – they have not only helped to reduce rates COVID-19 in our beautiful state, but a range of other infectious diseases as well.

Thank you for helping us stay safe and open for business. The Luna & Sol Team.