



Aerial Allsorts Health & Safety Policy

Updated

08-10-20

For all students and instructors.

Instructors may spot students if wearing a mask and hand sanitize their hands after. This will only be done where absolutely necessary. For example for our under 11s.

The only “social bubbles” we recognise are same household.

This means even if you tell us you are in a social bubble you may not break the social distance rule.

Masks must be worn by all over 11s when entering the building, going to the bathroom or upstairs and leaving the building. They can only be removed once you start the class.

Those competing doubles will be permitted to train doubles together but require Cathys permission 1st.

Our equipment, mats, flooring, building is fogged on a nightly basis with a product which kills viruses, bacteria and fungi as soon as any hits it.

This now enables us to share equipment if required, but will only be done when necessary.

Even if sharing equipment you must still keep social distance.

We will maintain maximum numbers within the building of 1 per 100 sq ft.

We hold your booking information on our booking system Gymcatch, this may be passed onto Track and Trace if required.

A NHS Track and Trace check in poster is on display just inside the front door, we encourage you to use it.

01/07/2020

For all Students.

Corona Virus. Addition to Aerial Allsorts current Health & Safety Policy.

The following points must be adhered to by all Students.

Class Procedure.

- You must book in advanced online via our booking system.
- Please wait outside the building until the instructor calls you in, please enter one at a time and keep 2m apart.
- Signage and floor markings will be in place to assist you with the 2 metre distance.
- Each student will have their own area and piece of equipment which will not be shared. This equipment will be cleaned and alternated after every use. Please remain in your area throughout the class. Do not wonder around or touch other equipment.
- Students must sanitize their hands at the beginning and end of every class and if an instructor has to perform an emergency spot on you. Soap, water and hand sanitiser will be provided.

General COVID Rules.

- Students cannot congregate before or after classes inside the building.
- You will be refused entry if you are late for class and no refund given.
- Students should only attend if they are well, have no symptoms and past any isolation period.
- Students should seek guidance with reference to their own personal pre existing health conditions and therefore their suitability for being in the studio environment.
- Students may wear a facemask if they wish. Aerial Allsorts will not provide masks for students.
- If you use the bathroom please let an instructor know so it may be cleaned.
- Please do not bring unnecessary belongings into the studio.
- Students only will be allowed inside the building so please do not bring friends. (see below ref Kids classes)
- Please do not share grip aids, bring your own.

All crash matts, equipment, floors, bathrooms and surfaces will be cleaned between every class.

Our instructors will be teaching lesson plans that do not need spotting. Instructors are encouraged to teach regressions, conditioning, flexibility, strength building, combo's and flow using previously taught moves, recapping moves. New moves maybe taught if the instructor is confident that the student does not need spotting and they will use their professional judgement, training and experience to determine this. Please respect your instructor if they refuse to teach you a specific move due to their inability to spot you.

An emergency spot maybe performed if the instructor feels the risk of injury or falling is greater than the risk of COVID19.

When tests are available, we may request all students to have a test.

If you have travelled from overseas.

Students who have returned from overseas in the last 14 days should seek advise from the UK government for up to date information if they are required to self isolate before attending our classes.

Advice is in place at

<https://www.gov.uk>

We would encourage all students to try to attend at the same time on the same day of the week if possible. This minimises the number of people you will come into contact with and create smaller social circles reducing your risk.

Any student suffering symptoms should immediately report to Cathy, attend a test for confirmation, and not attend the studio until they receive test results. If the test is negative they may return immediately, if positive they may not return until 14 days after their last symptoms.

In the event of a suspected or confirmed case amongst our students/instructors Aerial Allsorts will inform all those students who attended the same class as the student and what action they should then take.

If contacted by The Test and Trace service we will disclose your contact information to them.

Deep cleans will take place on a regular basis and in the event of a suspected case.

Students from the same household may share equipment. We would therefore encourage you to share a Personal Lesson rather than a class to reduce your exposure to classmates.

Aerial Students

Aerial students should proceed straight to the aerial studio once called inside and stand on the marked area by their equipment. (do not go upstairs)

Pole Students

Pole students should enter the pole studio by going via the upstairs reception and then down the stairs. (please do not pause, loyter in the reception area) Pole cloths will be provided, please do not bring your own. Please stand on the marked area.

Stretch Students

Please bring your own yoga mat, blocks, strap if you have them.

Kids Classes

Please wait outside with your child until we call them in. Do not just drop them outside and leave until we call them in.

Please ensure that your children understand the rules fully and you discuss them with them before they attend. Unfortunately any child who is incapable of adhering to the rules will be unable to attend.

We have limited space in our lounge area so ask that only one parent/chaperone comes into the building with them. Parents must wear a mask and maintain social distance. Parents are not permitted downstairs into the studio areas.

Bungee Classes

Currently Bungee will only be allowed in Personal Lessons. Members of the same household may share a personal lesson.

1 parent must come inside with their child at the start of the class to assist them into their harness. Parents must wear a mask.

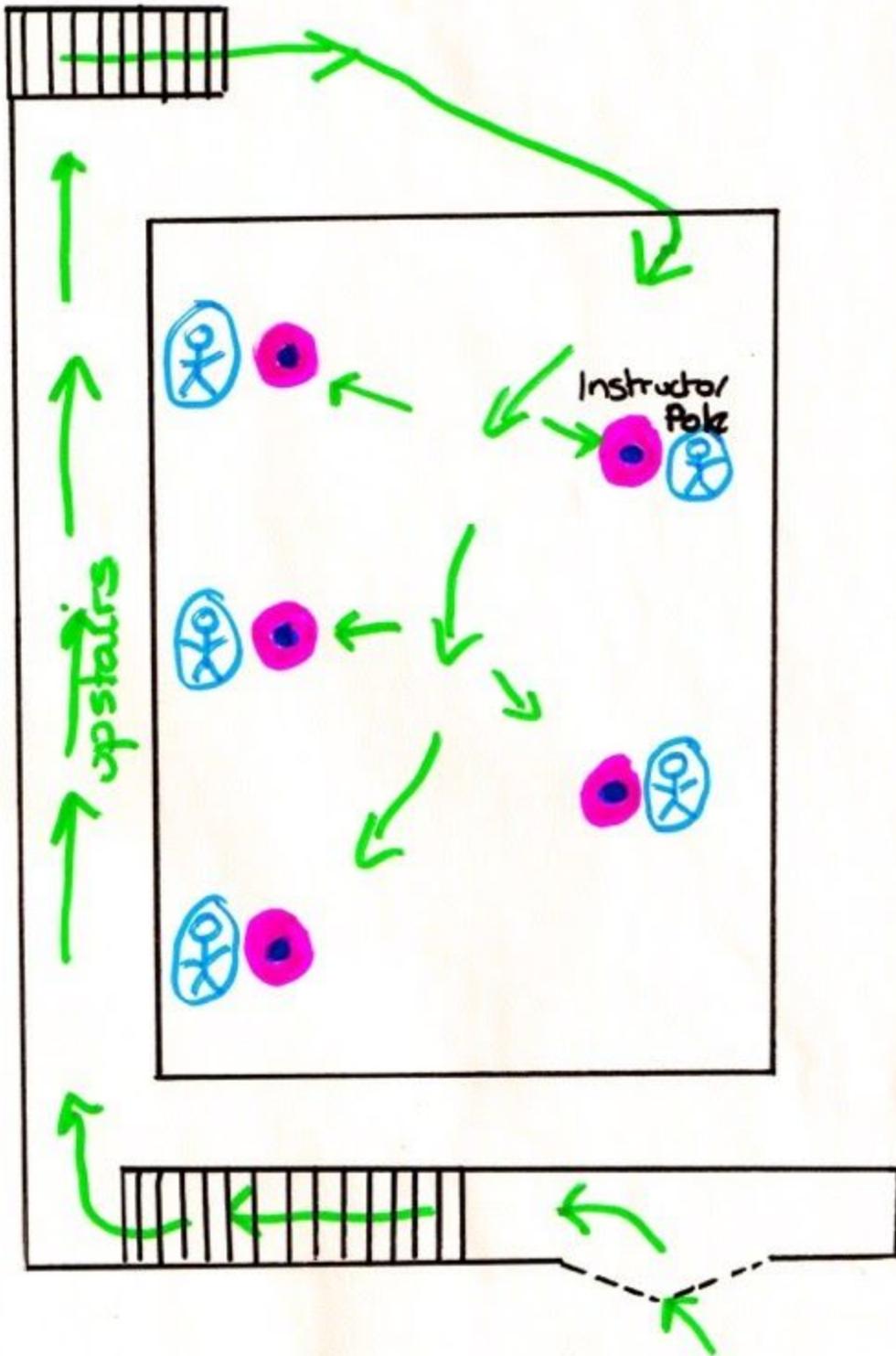
Aerial Yoga, Lollipop and Pole Silks will be available in Personal Lessons on a 1 -1 basis.

Lollipop, Polesilks and Cloudswing maybe requested in Practice Sessions to be used by one person only unless you share a household.

Aerial Allsorts and its instructors take COVID-19 very seriously and we ask that you do the same. Apart from the obvious risk to health, as a business we face being fined and/or closed if we or our students break the rules or we have cluster cases. As a small business with self employed instructors all of our livelihoods and health are at risk so please follow the rules.

Any student failing to comply with these rules and those of the UK Gov will be removed from class and banned from future classes, without refund.

Pole Studio



Aerial Studio

