



Aerial Allsorts Health & Safety Policy, Outdoor personal 1 - 1 lessons.

23/03/2020

For all Students.

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

The following points must be adhered to by all Students.

#### Students

You must book in advanced online via our booking system.

Please do not arrive early and do not approach the frame until the previous client has left.

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.

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.

Hand sanitiser will be provided.

2m distance must be maintained.

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 this environment.

Students may wear a facemask if they wish. Aerial Allsorts will not provide masks for students.

At the end of every class adult students will be asked to wipe over their crash matts, and equipment.

Members of the same household may share a Personal Lesson.

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.

Students cannot congregate before or after classes and the studio will remain closed.

Where possible please attend alone.

Please bring water, wear suncream in warm weather.

Please bring your own grip aid if required as sharing is forbidden.

There will be no bathroom facilities.

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>

Any student suffering symptoms should immediately report to Cathy, attend a test for confirmation, and not attend further lessons 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.

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