



COVID-19 Face to Face Yoga Class Guidance.

This guidance is provided by the British Wheel of Yoga and follows the current Government Guidance. To ensure your safety and mine I would be grateful if you would comply with the below and hopefully it won't feel too weird! Thanks, Vicky x

Please place your mats 2 metres apart wherever possible. As you enter to the room fill from the front first.

I will ensure that the room is well ventilated before, during and after each class.

Please bring your own mats and equipment. I will not be loaning any equipment. If you would like to purchase anything please let me know. (I have a small selection of secondhand props which I will disinfect if you do purchase any).

Please book for classes in advance by texting me and paying. This way I will know who's coming, to ensure there is enough room for social distancing.

please pay by bank transfer, I would prefer not to take cash at this time. Please contact me for my bank details.

Please arrive on time, so as not to congregate outside studio.

I will provide hand sanitiser outside rooms and toilets to use before entering the facility and on leaving. Please also wash your hands before class (nothing like a good old fashioned hand wash with soap and water in my view)

If you feel ill. Please **do not** come to class. Have a rest and come next week xx

I will liaise with the venue owner regarding floor and surface cleaning and ensure it's done regularly.

It is my responsibility to perform a risk assessment and ensure the room has been cleaned and disinfected. I will also keep documented evidence of the risk assessment.

