



## Together As One COVID-19 Policy

The World Health Organisation declared Coronavirus (COVID-19) a global health emergency on the 30<sup>th</sup> January 2020 and a worldwide pandemic on the 11<sup>th</sup> March 2020.

Together as One will take and has taken reasonable proportionate steps in accordance with the published guidance to ensure your safety for attending in-person classes. COVID-19 is a new hazard that needs to be addressed as part of our risk assessment process.

Your safety is extremely important to us, therefore we have put in place the relevant control measures to be adhered to in order to welcome you into the studio.

***Here are a few key points that I ask you to please take into consideration before attending your class and measures you must adhere to whilst in the studio:***

There will be an automatic hand sanitiser unit at the door upon arrival as well as a clearly displayed QR code, which we politely ask you to scan using the NHS app. This enables us to ensure not just your safety but the safety of others and prevents us from potentially having to close our doors for a long period of time.

Could I please ask that you bring as little as possible into the studio, please leave all your belongings either in your car or outside the studio. However, please feel free to bring in car seats, as we appreciate this is the safest way to transport your baby into the class. There will be plenty of space to accommodate these.

It is important that any person who enters any part of the studio is medically and physically fit to do so and is not a danger to themselves or the health and safety of others. If you are not sure, you should seek medical guidance from NHS 111.

Although we no longer send out the health questionnaire, by attending our studio you are confirming that you have not had any of the following symptoms or knowingly been in contact with someone with coronavirus within the last 14 days.

***A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)***

***A new continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough it may be worse than usual)***

***A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.***

If you have answered YES to any of the above questions or symptoms you will be unfortunately unable to attend our studio and in line with the UK government advice, you are to self-isolate for 10 days. Also, if you do test positive for COVID-19 you must immediately notify Together as One at [lindsay@togetherasone.uk](mailto:lindsay@togetherasone.uk) or alternatively on 07557351423.

I have undergone a COVID-19 screening Questionnaire as the health of you and our instructors is paramount. All Together as One instructor's are completing 2 rapid flow tests a week to ensure not only their own safety but safety of all of those that enter our studio. No session shall be taken by anyone who has shown any symptoms.

You must respect the Government Guidelines on safe distancing measures (your mats will be laid out appropriately in class and you must adhere to social distancing when entering and exiting classes). Mats will be provided and will be thoroughly disinfected and sanitised before and after use by your instructor.

In accordance with the latest government guidelines you must wear a mask upon arrival. (unless exempt). However, you are permitted by the government to remove your mask once seated and throughout the duration of the class. In instances where social distance is unable to be adhered to, for example your child leaving your designated area, could I please request that your mask is placed back on and is kept on until you are able to return to your allocated mat.

For hygiene purposes, we ask that you do bring your own blankets and cushions for baby massage and tummy time. For baby yoga we ask that you bring a cushion for yourself and for toddler yoga a cushion for both yourself and your child.

Hand sanitiser and wipes will be provided within our care boxes and will be placed on each mat for your use for additional cleaning of mats, hands and items if desired during the session.

If you do have any concerns, then please do speak with us. We have carried out a comprehensive COVID – 19 Risk assessment of which is on display within our studio for you all to see.

If Together as One needs to cancel your lessons due to COVID the lesson shall be reimbursed or moved to a later date where possible.

And lastly, please do enjoy our session and we look forward to seeing you in the studio very soon.

Kind Regards,

**Lindsay Kemshed**