**V Pilates Studio COVID 19**

I would like to communicate with you the steps and risk assessment procedures I have addressed and put into place to return safely into the studio. My priority is the health and safety of V Pilates clients and teachers.

**Please do not come to V Pilates Studio if anyone in your household have any of the following symptoms:**

* Temperature above 37.8 degrees
* A new persistent cough
* A new loss of smell or taste

**Handwashing and Facilities**

* I ask you please to wash your hands before and after attending the studio.
* A hand sanitizer is available in V Pilates Studio Suite.
* Toilet and hand washing facilities are available in KBF House where V Pilates is situated in Suite F. Please follow any guidelines provided by KBF House management for the use of these facilities.
* A hand sanitizer is available by the front entrance as you enter the KBF building.

**Cleaning**

* All mats, equipment, and touchable surfaces will be wiped with an anti-bacterial product before and after each class.
* Air conditioning will not be used and windows/doors will be opened to provide as much air flow ventilation.
* The floor will be cleaned each day.
* There will be a hand sanitizer available in V Pilates studio.

**Additional measures**

* Please bring a yoga mat to lay over V Pilates mats and a hand towel for head support. This ensures additional hygiene measures .
* V Pilates mats will be cleaned after each use.

**Arrival and Departure at V Pilates Studio**

* Please arrive only a few minutes before each class entering using the code front door system.
* Please exit out the side emergency exit doors in the building.
* Please refrain from waiting within the building for as little time as possible.
* If a number of people are gathering please remain 1+m apart. Markers will be in place.

**Social distancing in the studio**

* V Pilates Studio has been re-arranged and bookcases moved that were dividing the room to allow for social distancing measures.
* Class size numbers have been capped to accommodate social distancing measures.
* No tactile cueing will be used and the teacher will not come closer than 1+ metres in any classes.
* The timetable has been arranged to allow for safe entry and exit and avoid people accumulating and cleaning time to be in place.

I look very much forward to welcoming everyone back to the studio.

Best wishes

Vikki