Re-Opening Procedures

1. **You MUST wash your hands prior to entering the studio.** Hand Washing is the most effective form to rid Viruses and Bacteria from your skin more so than hand sanitiser on its own. We will have hand sanitiser also to use as well in the bathroom and on entering.  If you have long hair please tie it back to avoid it getting in your face which will avoid any face touching during class.
2. **MASKS MUST BE WORN in the studio.** We can remove our masks for any strenuous activity, so we will not be having you get your heartrate elevated and make you keep your masks on. If anyone has a medical condition such as asthma that makes wearing a mask not appropriate or feasible please advise us on entry. We must comply with the CHO directions until further notice
3. **As always, if you are feeling unwell or someone you have been in close contact with is sick do not come into the studio.** You must also let us know if you have become unwell and go and get tested for Covid as directed by the Chief Health Officer any confirmed cases will need to have contact tracing done and we will need to close and do a deep clean. Please make sure your current mobile number is on file in case we need to contact you. We have adjusted our cancellation window to just 6 hours to give everyone a little more time to cancel without penalty, please be considerate to others and our trainers and don’t wait until the last minute to cancel out of class especially given we can not run at capacity.
4. **You must keep your distance of at least 1.5m of others both in the studio and in the communal area**
5. **Do not bring any belongings into the studio besides your keys, wallet/purse, water bottle, asthma medication and clean towel**.  No food or chewing gum is to be consumed or disposed of in the studio either.
6. **We will not be providing any towels or glasses to drink from please bring your own and make sure the towel is freshly laundered**
7. **No Children are allowed at this stage in the studio, our comfy lounge is out of action for now for them to wait on.**
8. **ONLY COME a few minutes prior to your session to give yourself enough time to** go to the bathroom before you enter the studio and wash your hands then straight to your reformer bed, do not mingle or wait in the studio or communal area at all.
9. For those who had current non-expired passes with remaining sessions when we were closed on the 9th of July 2020 have had their passes reactivated with the corresponding expiry relevant to our new opening on the 9th of November so please make sure you do not delay on booking into classes and miss out. We have put on extra sessions to make sure we have enough beds and times across the 7 day week for you to use your passes. For anyone with a medical certificate that requires an extension please contact us.
10. Our classes are capped at 9 clients and our small group/senior classes at 6, we will have a trainer only bed in the studio as we will not be able to physically correct anyone unfortunately for a little while so we will need to be able to demonstrate an exercise where necessary. We can do private group classes of up to 9 clients.