



Knebworth Pilates Studio – COVID Policy –

13th January 2022

To keep clients and the team safe we continue to instigate extra measures. We outline below our current plan, however, this will no doubt develop as new guidance comes out and the situation changes. Our priority is safety and comfort.

Risk Assessment

We have completed a risk assessment for both teachers and clients. We have identified procedures to put in place to reduce the risk wherever we are able. You are welcome to request a copy of the complete risk assessment. A summary is presented here:

- Spreading COVID-19 through unwell participants attending classes - Teacher to ask participants if they are feeling well at the start of the session, if a participant states they feel unwell, they are requested to leave the venue, participants are requested to run through checklist outlined on waiver prior to arrival
- Spreading COVID-19 via travel to sessions – participants are requested to follow national travel guidance wearing face coverings as required.
- Spreading COVID 19 within the venue – clients are requested to use hand sanitiser on entry and exit of class, clients may wear a face mask or shield through the class if they wish, clients are requested to bring their own mat, head cushion and equipment where possible, please only use the bathroom facilities if absolutely necessary, arrive wearing appropriate clothing, remove shoes and leave belongings in the shelving unit before entering the studio, ensure socks are worn preferably with grips, staff will wipe high touch surfaces between classes and wash the floor, windows will be left open for ventilation, heads will be positioned to either end of the room, only 6 clients in the studio in any session to maintain distancing.
- Spreading COVID 19 via administration – all administration will be completed online via Team up and email
- Clients at increased risk attending sessions – We would advise at this time if you have been identified by the Government as being clinically extremely vulnerable you continue to follow Government advice as it evolves.
- Individualised risk assessment – We have access to an individualised risk assessment matrix if you would like to assess your personal circumstances and risk

Cleaning

We will be using disinfectant recommended for use during this time before and after studio sessions. We will also be wiping high touch surfaces eg door handles, bathroom and sanitiser points regularly with clinell wipes.

Equipment

We are now using wipeable small equipment items in sessions and clean between classes. We would strongly recommend you to bring your own mat and head cushion where possible. If you



would like to bring your own small equipment items this is encouraged and we can advise on purchase via our team up store.

Personal Protective Equipment

There is no requirement to wear gloves or masks within the studio however our team will have access to visors and masks if they wish to wear them and as clients we will leave you to decide what makes you feel most comfortable.

Hand Sanitiser

Is placed on the wall outside of the studio and we request you use prior to entering and on exiting the studio

Team health check

Prior to a face to face session the team will all have ensured that they do not have a temperature, do not have a new cough and are not experiencing any loss or change to sense of smell or taste.

Arriving and leaving sessions

As we are such a small studio we would ask you to arrive only a few minutes before the session is due to commence and wait outside the Knebworth Pilates Studio door (in a socially distanced manner). Your instructor will come and welcome you individually. As you come in there will be a storage unit on the left with crates for your shoes etc and the rack for coats is as always on the right. Please try and keep belongings to a minimum to help with the flow of people arriving and setting up for the session. We would appreciate you then sanitising your hands before entering the studio and setting up your mat within the area masked out area on the floor. Sessions will run for around 50 minutes to enable cleaning to happen prior to the next class arriving and also ensure classes do not cross.

Class set up

We will support 6 clients in the studio, mats will be positioned to ensure distancing and you can place your mat on top. Heads will be positioned to the outer walls of the studio Windows will be kept open to enable air flow through the studio. Teachers will not be able to use hands on correction of position. Clients will enter and exit individually as requested by the session teacher.

Client responsibility

Before attending the studio please ensure you do not have a temperature, do not have a new cough and are not experiencing any loss or change to sense of smell or taste. If you have any of these symptoms please, please do not attend your session out of respect for others.

If you have any symptoms at any time please do not attend a session.

Please respect social distancing when waiting for the class and on leaving, we realise this process may take a little longer than usual so please be patient. We will be having six people and an instructor in the room to enable adequate spacing and the windows will allow flow of air through the room.

Follow current guidance



Stay at home and self-isolate if you have any of the main symptoms of COVID-19 or if you have a positive LFD or PCR test result.

Your self-isolation period starts immediately from when your symptoms started, or, if you do not have any symptoms, from when your positive LFD or PCR test was taken, whichever test was taken first. Your self-isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days.

This means that if, for example, your symptoms started at any time on the 15th of the month (or if you did not have symptoms but your first positive COVID-19 test was taken on the 15th), your self-isolation period ends at 23:59hrs on the 25th of the month.

You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone.

You may be able to end your self-isolation period before the end of the 10 full days. You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.

If at all possible please bring your own mat and head cushion – we are able to provide some if needed and will clean these however we feel that people having their own equipment will likely make you feel more comfortable.

Thank you

These are tricky times and everyone needs to feel safe in their decisions. We understand that some may not want to come back to the studio at this time and we also know that our classes usually have 8 people and we can only have 6 in the studio.

We plan to run a mixture of Zoom and face to face classes moving forward. Zoom appears to be working well for many not only for COVID but also for lifestyle. We also appreciate some are keen to get back to face to face sessions.