

Covid-19 Guidelines

Information you will need for visiting Claire Winterbourne Yogafeet:

I will take good care to provide a space that is as safe as possible, and that also feels as welcoming and calm and possible.

Here are the current measures I have taken:

- Risk Assessment has been made and will be reviewed regularly
- NHS QR code is just inside the entrance
- Studio has no mats, props or blankets and spacing for mats is clearly marked for you - spacing is 2 m apart (centre to centre)
- Classes are limited to 4 students
- Windows will be open to allow for adequate ventilation
- Front door will be open for you
- Hand sanitiser is at the front door and in the kitchen area / entrance to the studio
- Paper towels are on the shelf in the toilet
- Bins are lidded and operated with a foot pedal
- The studio and door handles, light fittings are regularly cleaned and where possible wiped using an alcohol based sanitiser
- Bookings are now made and paid for online

What I would ask you to do:

- Please use hand sanitiser on the way in and out of the studio
- Please scan the QR code using your NHS app
- Please bring your own mat and props
- Please arrive ten minutes before your class start time, and take your belongings in to the studio near to your mat unless you are happy to hang them up. Please bring all valuables into the studio now
- Please bring your own water
- Please still leave your shoes outside of the studio
- Please be mindful of social distancing when you leave the space

- Please do not come to the studio if you feel unwell, or if you have come into contact with anyone who may have Covid-19 or been exposed to the virus. I will do the same.

Thank you.

I will adhere to any further changes to the current guidelines. Please do call me if you have any questions about this.
