

## Information for Clients attending Live Pilates Classes at the studio

1. Please arrive at the studio at least 10 minutes before the start of the class. The door will be locked until 15 mins before the start of the class. Please maintain social distancing while waiting outside the clinic and on entering and leaving the studio when not on your mat. In bad weather, you can wait in your car as long as it is parked within sight of our entrance. The Physiotherapist will unlock the door and invite you in. Latecomers will not be allowed to enter the class.
2. Please bring your own mask or face covering to wear until you take your place on your mat and you will need to wear it again when you leave your mat. We do have a small supply if you forget.
3. You will need to bring your own mat, towel and equipment with you. The Physiotherapist will let you know if any extra equipment will be needed in advance. Please bring minimal personal belongings with you into the building.
4. There are markers on the floor in the studio to identify where you should place your mat. All mats are at least 2m apart.
5. All Physiotherapists will stay on their mat in line with Government Guidelines re maintaining social Distancing in studio settings. They will give individual verbal feedback throughout the class.
6. You will need to complete the Co-Vid 19 Screening Questionnaire and submit it approximately 48 hours before your first class. (This will only need to be done for your first class)
7. The Physiotherapist will check your temperature using an electronic forehead thermometer and complete the Co-Vid 19 screening questionnaire in the entrance lobby. Anyone with a temperature of over 37.8 degrees will not be allowed to proceed further.
8. Hand Sanitiser will be available to use at the entrance/exit of the clinic
9. The Physiotherapist will be wearing PPE as per PHE Guidelines, this is FII mask and gloves to check your temperature.
10. a Bench will be available in the landing outside the studio and one in the studio for you to sit on to remove shoes. You will be able to keep your shoes on the plastic sheet beside your mat.
11. There will be a 25-minute gap between classes allowing for all the hard surfaces that have been touched to be wiped down using disinfectant wipes. The floor will be cleaned with bleach solution between each class. .
12. The class will be delivered on Zoom at the same time therefore we ask participants to dress appropriately and respect all other participants both live and virtual.
13. If you becomes ill with Symptoms of Cov-id 19 within 48 hours of attending the class, we ask you to let me know as soon as possible so I can let all your class mates know that they need to be tested including myself.
14. If the clinic is contacted by track and trace we may be required to share your contact details with them.
15. If you use the toilet, wipes will be provided for you to clean anything you have touched including door handles.

Any queries please contact Anne Burr on 07814776047 prior to your appointment