



Attending Face to Face Pilates Sessions 2022

Please read through the following points which form part of our risk assessment for face-to-face Pilates sessions.

1. Attending sessions. No-one should leave home to participate in class, if they, or someone they live with, has any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

If you have any of these **DO NOT COME TO CLASS and consider taking a Covid test.**

2. Arriving at the hall.

- Wearing a mask is no longer required to enter the building. Feel free to continue wearing one if you prefer. No one should exercise in a mask.
- Please consider sanitising your equipment before you bring it to class and then again once you take it home.

3. Entering the hall.

- Hand sanitiser is provided at the entrance to the hall.

4. Your Pilates Sessions.

Please place your mat in an appropriate position as directed. We only need to be 1 metre from one another once lying on our mats. Your instructor will help organise this with you.

We will still be adequately ventilating the hall avoiding draughts where we can. Luckily our halls are older and not over insulated!

If you're concerned about possibly touching the floor, then you are welcome to bring your own wipes and clean the area around your mat at the beginning of class.

Your instructor will be able to offer hands-on correction as well as verbal and visual instructions.

We can no longer supply equipment for your session so please check the list of items to bring along.

Many thanks for your Compliance and Understanding.