



Welcome back

Thank you for your ongoing support for the studio. Below you will find information and guidelines about the re-opening of the studio. We are grateful for your return and will appreciate your support in keeping the studio space safe for you and everyone else, so please do read these guidelines thoroughly and do not hesitate to ask any questions before booking a class and attending the studio.

We are running a reduced timetable as we start to re-open the studio and will continue to add classes. We are keeping up to date with developments and put the health and wellbeing of our students at the forefront of any decisions we make. Please check the website frequently for updates.

While Covid-19 guidelines are followed and stringent measures are in place, students come to the studio and classes at their own risk.

PLEASE DO NOT ATTEND A CLASS IF:

- In the few days before class you have felt feverish, had a new or worsening cough, felt short of breath, had a sore throat, or had episodes of vomiting and/or diarrhoea.
- In the 2 weeks before a class you have had any contact with someone diagnosed with COVID-19 or been advised by a health authority to self-quarantine.

Please **BRING YOUR OWN MAT**. There will be some spares available at the studio, but for you to take control of your practice space, we recommend purchasing one and any other small equipment. We buy our mats and blocks from <https://www.yogamatters.com/>

Pre-booking classes online:

Our reduced timetable and online booking can be viewed at: <http://www.iyyoga.com/Timetable.html>

ALL classes MUST be pre-booked and paid for in advance using our website and new online system. You can book classes for up to 4 weeks ahead. Classes for this temporary period will be non-refundable to ensure viability of classes, so please only book if you know you can attend. If the studio has to cancel a class, a full refund will be issued.

Yoga Cards - For this period of transition, any unused class cards WILL NOT be usable. This is to avoid contact, complexity and ensure viability of class. We will honour any extended cards once the studio fully reopens.

WHAT WE ARE DOING:

- Social distancing in place within the studio space.
- Smaller class sizes, with all places pre-booked online via the website and online booking service.
- Reducing equipment for use in the classes.
- 1 metre-plus around every student's mat space in classes. While edges of mats in some cases may be less than 1 metre away, each student will always remain more than 2 metres from other students and the teacher.
- Distance markers around the reception.
- Providing hand sanitiser at the front desk.
- Toilets at the Trident Centre are open – wash hands after using the facilities and there is sanitiser available in the corridor outside the toilets.
- All studio used mats and touch points will be sanitised between every class.
- Deep cleaning the studio 3 times a week on the reduced timetable. This will increase as class numbers increase.
- Providing extra ventilation during classes and disinfecting surfaces, door handles and changing areas several times each day.

WHAT WE ARE ASKING OF OUR STUDENTS

Have you had Covid-19 and recovered?

If you have had Covid-19 and recovered, please ensure you have received the all-clear from your health practitioner to resume physical activity. Please inform the teacher of your condition during the virus and how your recovery has been. Everyone is affected slightly differently and some poses may not be suitable for you just yet, so the teachers will provide suitable alternatives to aid continued recovery.

When attending the studio:

- Please arrive at least 10 mins before class to support this working well.
- Please only bring essentials to class.
- Cycle or walk to class, where possible.
- Come already changed in yoga clothes, if possible.
- Wash your hands thoroughly before and after class or use the alcohol-based hand sanitiser at the reception desk.

- Follow the one-way system around the coat and shoes area.
- Bring your own mat and any other equipment you regularly use for common poses (e.g. blocks, blanket, belt). Some equipment will be available at the studio, but we will restrict use. You are welcome to bring a small, clean, cloth or towel to place over any equipment you use e.g. for head support.
- Limit your time off the mat.
- Clean any equipment used after class using the provided cleaning products provided. **The teacher will advise you where to leave used and cleaned equipment.**
- A mask can be worn when moving around the Trident Centre and removed once you are settled on your mat. We do not recommend wearing a mask during class. The choice is yours, but ensure you have adequate air.
- If you sneeze or cough please do so into your elbow and use paper tissues that you throw away immediately - if you have a bout of sneezing or coughing a lot, please leave the room and wash your hands (and elbows).
- Limit your time in the studio post-class and arrange any socially-distanced catch-ups with fellow students in nearby local places.
- Most importantly, please **do not attend a class** if, in the past 24 hours you have felt feverish, had a new or worsening cough, felt short of breath, had a sore throat, or experienced episodes of vomiting and/or diarrhoea, or, if in the past 2 weeks you have had any contact with someone diagnosed with COVID-19, or been advised by a health authority or doctor to self-quarantine.

Please follow the teachers' instructions at all times.