

Covid-19 Client Information

As we transition back to the studio your health and wellbeing are our top priority. We are so looking forward, as many of you are, to practicing together. However, we are very aware that this must be done mindfully and with care.

Even though you may be missing the community vibe of the studio we encourage you to continue practicing online if you are at high-risk yourself or taking care of someone who may be at risk. Respectively, we ask you to stay at home if you display any of the symptoms of Covid-19 or even if you are just feeling a little bit off. It's best to error on the side of caution! For further information on Covid-19 symptoms go to <https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/#symptoms>.

For your safety we have introduced some new rules and guidelines when coming to the studio. In order to help make your return as positive an experience as possible please take time to read them and to familiarise yourself with our new procedures:

- Until the 22nd of Oct only covid immune clients (fully vaccinated or recovered from covid in the last 6 months) are permitted to attend in studio classes. Proof of covid cert will be required before attending a class.
- Client numbers per class are restricted therefore all classes must be pre booked. No walk-in clients will be admitted.
- If you have booked but can't make it, please cancel at least 2hrs before the start of class otherwise you will be *charged*.
- Clients are admitted one at a time into the studio and assigned a clearly marked space. Please arrive on time for class but no more than 10mins before the start of class.
- We have a **Mask to Mat** policy. Both clients and instructors are required to wear a mask until class begins. At the start of the class the mask may be removed and placed in the bag provided. You may keep the mask on during the class if you wish. If you need to step off your mat during the class eg to use the bathroom, you must put your mask back on.
- We ask that you bring your own mat and props for your practice.
- We will not be providing blankets but you are welcome to bring your own.
- We no longer will be able to provide water so please bring your own bottle.
- The studio will be sanitised in between classes.
- You will be asked to sign a health declaration each time you come to the studio. If you answer yes to any of the questions below you will be asked to leave the studio immediately.

1. Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness, flu like symptoms or loss or change to your sense of smell or taste now or in the past 14 days?
2. Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?
3. Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days
4. Have you been advised by a doctor to self-isolate at this time?
5. Have you been advised by a doctor to cocoon at this time?

As guidelines may change, this list is not exhaustive. There may be additional requirements in place when you come to the studio. We ask for your patience and understanding.

We look forward to seeing you soon but in the meantime, if you have any other questions or concerns, please don't hesitate to contact us.