

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 err 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:

- All classes are restricted to a max of 5 clients.
- All classes must be pre-paid and 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 thoroughly sanitised 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 (i.e. less than 2 metres for more than 15 minutes altogether in 1 day)?

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?

6. Have you been abroad in the last 14 days?

- You will also be asked to sign the declaration below

I understand that I could be a carrier of Covid 19 and be asymptomatic.

I understand that I could contract Covid 19 from an asymptomatic person or, through no fault of Breathe Yoga & pilates, from a contaminated surface in the studio.

I accept the safety procedures of the studio and agree to follow them.

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.