



## Covid-19 Guidelines for studio classes

- Before you attend your studio class with me please ensure you have completed the Covid-19 questionnaire
- You will be required to bring your own Pilates mat and equipment. e.g. resistance bands/Pilates soft ball/massage balls or alternatives
- Please keep possessions to a minimum. I will provide a sanitised plastic container for you to place your items in throughout the duration of your class. This will include your shoes (to be removed before entering the studio)
- Classes are limited to 8 per class and on a first come first served basis. Please be respectful of others and only book one class per week
- Bookings for classes will open on Friday at 8am for the following week and close 2 hours before class starts
- Booking and payment is done via the link I will post in your WhatsApp groups
- On arrival for your class, please queue outside the building to the left of the main door. I will come down and invite you up five minutes before the start of class.
- When entering the studio please lay your mat behind a plastic box as these have been placed to allow social distancing
- Hand sanitiser will be available for you to use before, during and after class
- At the end of class please take your boxes with you and stack outside the studio
- I have allowed 15 minutes between classes, but please exit promptly to allow time for me to set the studio up ready for the next class and so they can start on time

Thank you for your patience and cooperation as we adapt to our new way of working



## Client Health Questionnaire

- I have not been diagnosed with or cared for someone diagnosed with COVID-19 in the past two weeks \_\_\_\_\_
- I have not shown symptoms of COVID-19 or come in close contact with anyone exhibiting these symptoms in the past two weeks \_\_\_\_\_
- I have not travelled outside of my immediate daily routine for the past two weeks \_\_\_\_\_
- I do not have a cough, fever, chills, shortness of breath or loss of taste or smell \_\_\_\_\_
- If I begin to show symptoms of COVID-19 within the next two weeks I will contact my instructor \_\_\_\_\_
  
- Signature \_\_\_\_\_
- Print Name \_\_\_\_\_
- Date \_\_\_\_\_
- Phone Number \_\_\_\_\_