

## COVID SECURE MEASURES (updated 19 July 2021)

### What I am doing:

- A Covid Secure Risk Assessment for all venues.
- Use of the NHS Track and Trace App.
- Cleaning and sanitising all common parts before the class.
- At least 2m social distancing in place using cones – place your mat behind the cone. For chair yoga classes, chairs will be set up before class at least 2m apart – please do not move them.
- Windows/doors will be open to ensure adequate ventilation and/or ventilation systems turned on.
- There will be no hands on assists/adjustments.
- As you enter the class I will ask you whether you have experienced any Covid Symptoms in the last 72 hours.

### What you can do:

- Pre-book and pre-pay online (where possible) – [www.iampositivelyyoga.com/timetable](http://www.iampositivelyyoga.com/timetable)
- Use the NHS Track and Trace App to scan the QR code on entry.
- Do not attend class if you have Covid Symptoms, have been told by the NHS Track and Trace service to self-isolate, **or you feel generally unwell** – some attendees may have weakened immune systems.
- Please arrive between 10 minutes and 5 minutes before class.
- Wear a mask until we start (unless you have a reason not to). You may continue to wear a mask throughout class. However, be aware that if you feel restricted in your breathing it is not mandatory for group exercise classes.
- Bring your own mat and any props. If you need blocks/bricks or straps I have plenty brand new in their packaging that I can sell to you (and deliver for free if you are in the Bedford area) – they are £4 each.
- Sanitise your hands upon entry to the building – each building has hand sanitiser dispensers.
- Follow 2-metre social distancing and give others space.
- Bring your own water bottle and water.



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