

# pilatesbody.co.uk: Coronavirus COVID-19 Guidelines

Last update: 8-Sep-2020

*Note that by opting to participate in a group exercise class, you are accepting an increase in transmission risk. If you are extremely clinically vulnerable you should take extra care to minimise social contact with those outside your household and be diligent about social distancing and hand hygiene.*

This document describes the COVID-19 arrangements that will be in place for us to stay safe when meeting for Pilates mat classes at Mundford Village Hall and private sessions at the studio.

I have compiled these guidelines from a review of relevant Government, PHE and NHS online documents as well as advice from my insurers (EMD UK), my teaching association (Body Control Pilates) and Mundford Village Hall.

All mat classes will be held in the large hall and accessed through the foyer (see [room layout L3](#)). There will be a 10-minute gap between classes to minimize contact when arriving and leaving and to allow for cleaning surfaces and frequent touchpoints.

Before resuming class in person, you must complete my [COVID-19 Supplementary Questionnaire \(CSVQ\)](#).

## Dos

- Book for classes by phone or email, complete enrolment forms and pay online
- Maintain personal hygiene at home before and after your class
- Maintain current social distancing guidelines whilst travelling to class, parking, moving around the venue and during class
- Avoid congregating in groups: wait in your car or outside (2m apart) until invited in
- Sanitise your hands upon arrival at and departure from the venue (this will be supplied)
- Wear a face covering for moving around the village hall
- Follow other venue signage regarding social distancing and hygiene
- Bring your own equipment to mat class\*
- Bring your own hand sanitiser (minimum 60% alcohol) for use during mat class
- Bring minimal other personal belongings into class, ideally, just a personal water bottle and keys
- Arrive and leave in the clothes that you will exercise in
- Wear socks during class (non-slip recommended)

\* Please click to find out more about the [equipment you will need](#) and how to buy it.

## DON'Ts

- Attend class if you have any coronavirus symptoms, have tested positive or are self-isolating because of close contact or because you have returned from abroad\*
- Attend class if you are otherwise unwell\*
- Wear a face covering if you are undertaking exercise or an activity and it would negatively impact your ability to do so
- Have physical contact with, share equipment with or hand personal items to your instructor or each other
- Bring a 'Sweat towel' into the venue (you may wish to bring a towel or blanket for extra comfort and to minimize contact with the floor)
- Consume food or drink other than water that you have brought with you
- Make or receive mobile phone calls while at the venue
- Use the toilets if you can avoid it - if used wash your hands for 20 seconds and wipe down touchpoints as directed by signs

\* Please click to read [important advice](#) about when you should not attend class in more detail.

Additional precautions that the village hall will take:

- The hall will be cleaned once per day by the hall cleaner
- The hall will have a weekly deep clean

Additional precautions that I will take:

- Check that my temperature is normal before teaching
- Arrive first and leave last to ensure that the venue is clean and frequent touchpoints, such as door handles, have been sanitised and to ensure that the area is safe and unobstructed
- Prop doors open for you to arrive and leave
- Lock the village hall foyer doors while class is in progress
- Ensure that hand sanitiser is available at entry and exit points to the venue
- Maximize ventilation by opening doors and windows where possible
- Wash or sanitise my hands frequently
- Include 'hygiene breaks' for us to sanitise our hands
- Place temporary placeholders on the floor with a minimum 2m gap between mats
- Ask whether you are feeling well before starting class
- Avoid physical contact such as handshaking, hugging of participants or movements that involve body contact
- Ensure good verbal cueing, especially for correcting technique as manual adjustments are not permitted
- Keep an attendance register with your contact details for 21 days for NHS Track & Trace (note that I will keep this information longer for insurance purposes)

### **Private Sessions in the Studio**

As above, with the following differences:

- The studio will have a weekly deep clean
- The studio will be cleaned at the start and end of each working day
- All the equipment will be provided
- Large equipment will be wiped down between participants
- Small equipment, such as head cushions, will be washed or sanitised before being reused
- There will be a half-hour gap between sessions to allow for the studio equipment, door handles and other touchpoints to be cleaned
- Please bring a small towel to minimize direct contact with the equipment

This document may be updated from time to time. The latest version is available on my website:

<https://pilatesbody.co.uk/wp-content/uploads/pbCV-guidelines.pdf>