

OAKWOOD YOGA

Coronavirus (COVID-19) Policy

Below are the key measures I am taking to reduce the risk of spreading coronavirus (COVID-19), when teaching a person to person yoga class. Please note the content may be subject to change, as the guidelines from the Government, NHS and the British Wheel of Yoga evolve. Your safety, and mine, is my key priority, and as the knowledge of Covid-19 develops, so will my policy.

In line with the guidance from those above:

- Please do not come to class if you have COVID-19 or symptoms of COVID-19; are clinically extremely vulnerable and shielding; have anyone in your household who has COVID-19 or symptoms of COVID-19; if you have been in close contact with someone who has symptoms of COVID-19 in the past 14 days; or if you have been contacted by the NHS Test and Trace Service and told to self isolate.
- All **classes must be pre-booked** to ensure you have a place in my lower capacity, socially distanced hall – **no drop-ins**
- Spaces will be marked out, showing 1-2 metre social distancing from all sides.
- Please bring your own mat, and only essential equipment, including blanket.
- The hall will be cleaned and sanitised thoroughly before and after your class.
- We will have to have several windows open to allow for good ventilation.
- Hand sanitiser is available as you come in – please use regularly
- Please arrive dressed in your yoga wear and please do not change after class, reducing the need to be in the toilet area.
- As you have to pre-book your place in class, I will keep a register which can be used for full track and trace data in the unlikely event it is required.
- Please do not congregate in the public areas - especially in the car park, foyers and toilets.
- The toilets will have a sign on the entrance door...free or full...please turn the sign as you go in and out. Please do not queue.
- Please bring your own water to class...we will not be using the kitchen areas other than to refill water bottles...please respect a 2m rule between yourself and others.
- Please sanitise your equipment as soon as you can on leaving class.
- The same quality of teaching as before Covid 19!

OAKWOOD YOGA

Booking and Cancellations policy during the Pandemic

- Due to the limited number in class, booking and prepayment is absolutely necessary. If you are not booked in you will not be allowed to attend unless there has been a last minute cancellation on the day.
- Prepayment is necessary, but if you have to cancel due to having COVID-19, or symptoms of it, then please let me know via text or email on or before the day. All payments made will be carried forward.
- If you inform me after the event, then I am sorry, but the fee will not be refunded or carried forward.

For more information, contact me, Phillipa Wilson:

info@oakwoodyoga.co.uk

07967754004

We all know that yoga provides enormous value in terms of boosted immune systems, enhanced sleep, mental health, general wellbeing and mindfulness, and I am committed to ensure you continue to be able to practise, in the most safe and secure environment as possible.