

COVID PROTOCOL FOR PILATES

Your wellbeing is our priority so we have made changes to the way we operate to offer you a safe space to enjoy your Pilates class.

From August 2020 we will be implementing the following protocol based on our risk assessment.

From all of us here at The Body Junction we thank you for your on going support, it means the world to us. We are looking forward to seeing you back at the studio.

BEFORE ARRIVING AT THE STUDIO:

- Read our Covid-19 screening notice and sign the waiver
- Arrive only at the specified class time (clients arriving early will be asked to wait outside)
- Clinically vulnerable clients are asked to attend virtual classes on our online membership instead of attending classes at the studio
- Avoid public transport when travelling to classes and appointment if possible
- Arrive wearing Pilates appropriate clothing and a minimum amount of personal belongings
- Grip socks are required in both the studios, we have some for sale
- Masks are required to enter the studio (you will be able to remove your mask during exercise)
- Bring your own personal water bottle, no water will be provided
- Only clients who have booked in and paid in advanced will be allowed in. Our reception is temporarily closed in the afternoons. Rose is at reception in the mornings for Physiotherapy only
- All teachers and staff must ensure they are symptom free, if a members of staff comes into contact with anyone with Covid-19 or develops symptoms they must follow self-isolation

ON ARRIVAL AT THE STUDIO:

- You will be asked to wait while the teacher enters the studio first to check the room and open windows
- Clean your hands using alcohol gel from the hands-free hand sanitation unit at the entrance
- Put your mask on before entering the Body junction and studio, masks can be taken off once you inside the studio, at your mat and ready to begin exercise
- Maintain a minimum of 1m distance with others

DURING YOUR CLASS:

- All classes have been reduced to a maximum of 6 clients so as to have space between mats
- Clean your mat with the disinfectant spray or wipes provided and hand sanitise your hands before and after class
- You can remove your mask once you are ready to exercise
- The teacher will wear a visor or mask and maintain 1m+ social distancing
- There will be no manual adjustments during the class
- When doing exercise on your front and side you will be asked to stay with your head nearest the walls and you feet towards the centre of the room
- Where possible the windows and doors will be open to increase ventilation
- Clean your mat with the disinfectant spray or wipes provided after your class

ON LEAVING THE CLASS:

- Put your mask on before leaving your class, masks must be worn at all times in common areas
- Leave your class promptly, the teacher needs time to fulfil the necessary cleaning between classes

IN BETWEEN CLASSES:

- A 20 minute gap will be left between classes to ensure no client crossover
- Teachers will sanitise all contact surfaces, cleaning with disinfectant spray or wipes
- Teachers will wash their hands according to NHS guidelines before and after each class
- Where possible the windows and doors will be open to increase ventilation

TOILETS:

- Toilets will be available for those that need them
- Hand sanitise your hands with alcohol gel using the sanitation unit at the entrance before touching any surfaces or door handles
- Use the cleaning wipes provided to disinfect all surfaces inside the toilet room before and after use, please use the bins to dispose of wipes
- Thoroughly wash your hands following the instructions provided
- Toilets will be checked and cleaned regularly