

COVID-19 POLICY AND CLIENT INFORMATION

Please ensure that the Covid Consent Form has been completed and signed.

These guidelines are subject to change with government updates. Any changes to studio practice will be displayed and clients should contact the studio about any concerns.

Clients should be reassured that the strict hygiene and studio cleaning procedures are in place to safeguard clients.

Instructor & Studio Hygiene Procedures:

- Equipment Pilates and Rossiter sessions will be conducted on a 1:1 basis only, no additional visitors are allowed to attend/accompany you.
- The number of appointments has been reduced to allow more time to clean and ventilate the studio.
- As a home based studio if any member of my household develops symptoms of covid-19 sessions will be rearranged to allow for a 14 day isolation period
- All equipment and surfaces will be cleaned between clients
- The room will be ventilated between clients and during the session (this may make the room cooler, please let us know if this is a problem and we can increase heating)
- A face mask will be worn by the instructor/coach. If the wearing of a mask causes communication difficulties you can ask for it to be removed, this will be your choice.
- Coach will change socks between every Rossiter client
- Where possible stretches will be selected that increase face to face distance e.g. use of floor trap using foot rather than seated traps using forearm in Rossiter
- The use of tactile cues in Pilates is up to the client, if tactile cue are requested fresh cotton gloves are available.
- Hand washing and gel to be used before and after all sessions.
- Where possible fabric surfaces have been replaced or covered with vinyl, if this causes any problems, such as dermatitis, please let us know.
- The NHS Track & Trace QR code for the studio is visible and available.

CLIENT GUIDANCE

Where possible please inform us of any need to cancel at least 24hrs prior to the session

Clients must not attend if:

- They have symptoms such as new cough, high temperature, breathing difficulties or any cold/flu symptoms
- They have been in contact with someone that has been diagnosed with or as symptoms of the virus (as above)
- They are currently self-isolating or shielding in line with government guidelines. See government guidelines which are updated regularly for more details.
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-2>
©PPRC at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection

Hygiene Procedure Clients:

- Please bring your own water bottle
- Wear own mask in the studio if they desire (as per government guidance 10.07.2020 *Evidence suggests that wearing a face covering does not protect you. However, if you are infected but have not yet developed symptoms, it may provide some protection for others you come into close contact with*).
- Use hand gel provided at the start and end of each session.
- Wear clean socks
- Any late cancellation policy will not apply to Covid-19 concerns. Your session can be put on hold as long as necessary.
- As the virus recedes and government guidelines change above requirements may vary.
- Arrive changed and ready for the session.
- Bring least amount of bags etc into the studio
- Bring own towel if desired.