

PAPER DRESS YOGA

COVID-19 RISK ASSESSMENT & RE-OPENING GUIDANCE!

We're delighted to welcome students back to Paper Dress Yoga again for physical classes!

Please carefully read the below measures we're undertaking to reduce the risk of transmission of Covid-19 on our premises and do feel free to email us with any concerns or questions.

Some photos of our new socially distanced space are included below so you can see what to expect!

KEY ACTIONS FOR STUDENTS

We encourage any student who feels in any way unwell or exhibiting any Covid-19 symptoms to stay at home and not attend a studio class. Symptoms include: Sore throat, cough, muscle pain, shortness of breath, fever, chills, loss of taste / smell.

If you are unwell or showing any symptoms please enjoy one of our streamed classes from home.

When attending the studio, regular hand washing is crucial - we have hand sanitiser stations on arrival and outside the studio door.

Please wash / sanitise your hands on arrival and before and after practice.

ATTENDING A CLASS

Advance booking is essential for every class. No drop-in students will be admitted to class to avoid gathering at the entrance and allow the quick flow of students through shared areas.

We are limiting our class sizes to **9** students to begin with and will keep this quota under review.

Each class will be on a first-come-first-served booked via the MBO app / website.

3 hours notice must be given for any cancellation otherwise you will be charged for the class.

Please arrive between 5-15 minutes before the class starts - no earlier. We are putting in place a 30 minute window between physical classes to avoid crossover of students in the corridor and changing rooms. Late students will not be admitted or refunded.

See our revised timetable and [book yourself in for a class here](#).

MATS, PROPS & OUR CLASSES

We'll have our mats available if any student wishes to use them - you are also welcome to bring your own if you wish.

We will have markings on the floor for mat spaces which allow at least 1m distance between students when we are at full capacity - please do not move your mat outside of these boundaries when we have a full class.

We expect some classes, particularly morning and lunchtime classes to be quieter initially so if you would like more space we'd suggest coming to one of our off-peak classes!

We have a large stock of mats and props and will be thoroughly cleaning all items after use with disinfectant and leaving them to air as well as rotating so no equipment will be used again on the same day after it has been cleaned.

No bolsters, blankets or eye pillows will be offered at this time.

Teachers have been asked to refrain from hands-on assists and adjustments at this time.

We won't ask students to practice in masks but we will encourage wearing them around the building and our reception staff will wear one.

The large studio windows will be kept open throughout the class to allow a through-flow of air - please bring a jumper if you feel the cold.

There will be streaming equipment in the studio directed only at the teachers mat, no students will be filmed throughout the class.

CHANGING ROOMS

Where possible we ask you to come to the studio in your yoga clothing, ready to practice, to minimise time in our changing rooms.

We will be limiting numbers in each changing room to 3 people inside at any one time, please be patient when others are using the facilities and maintain social distancing when waiting.

CLEANLINESS, HYGIENE & CUSTOMER TOILETS

Surfaces will be cleaned with antibacterial spray before and after every class including door handles.

Where possible we will leave doors open to avoid touching shared surfaces.

We will be regularly cleaning and wiping surfaces and frequently collecting the rubbish.

Mats and props will be thoroughly cleaned with disinfectant after use and rotated out of use for further classes that day.

If you can visit the toilet before you arrive at the studio please do so, but of course the facilities are there for you to use when needed.

Please wash hands thoroughly before and after you visit the toilets.

We will have signs in place to encourage good hygiene.

LIVE STREAMING

We will be recording classes for our live stream students via Zoom however at no point will students in the studio be visible on camera, only the teachers mat will appear - see setup below.

OUR NEW SOCIALLY DISTANCED STUDIO





