

RETURN TO FITNESS VIBE CLASS – HEALTH & SAFETY GUIDANCE SHEET

IF YOU OR ANYONE IN YOUR HOUSEHOLD HAS HAD ANY SYMPTOMS OF COVID-19 IN THE PAST 10 DAYS YOU MUST NOT COME TO CLASS. PLEASE CAREFULLY READ THESE GUIDELINES PRIOR TO YOUR CLASS. PRINT OFF THE GUIDELINES, SIGN AND RETURN TO KATRINA OR ANYONE ON RECEPTION.

- 1 Please wait outside the building until invited in and maintain social distancing measures.
- 2 Please wear a face covering when arriving and keep it on up until the exercise class starts. You can then place them around your wrist, neck or pocket during the exercise session. It is not advisable to wear a face covering whilst exercising, as per the World Health Organisation guidelines.
- 3 Keep personal belongings to a minimum (I.E car keys, phone, water bottle, sanitiser or hoodie). Put them in a plastic bag (which can be provided) and place them on the designated area/table when you enter the main hall.
- 4 Two toilets are available in the reception area, which are disinfected before and after each class. Please follow a one in – one out policy, wash hands thoroughly for 20 seconds after use and ensure you maintain social distance measures whilst in the toilets.
- 5 Please proceed to sanitise at the reception desk or in the main hall.
- 6 Fitness Vibe workout spots are designated by floor markers. These areas are just under 3m square. Please remain here and only use the chairs if necessary. Do not congregate in groups.
- 7 Please bring your own water. The kitchen is out of bounds.
- 8 All doors and windows will remain open to allow for adequate ventilation. Do not open or close the windows or touch the fabric curtains. You may wish to wear an extra layer or two. If you need to remove any layers during the class please wear your mask and place your clothing in the plastic bag in the designated area. Spare plastic bags can be provided.
- 9 If you need to visit the toilet or get a drink during the exercise session please maintain social distancing and wear your mask when passing someone.
- 10 During the class if you develop any Covid-19 symptoms, leave the building immediately, go straight home and follow government guidelines on reporting symptoms. If you have recently had a Covid-19 test you must wait for a negative result before returning to class.
- 11 No singing or whooping during the class. All instructors will now teach with a mic as we don't want to encourage shouting or anyone needing to raise their voice.
- 12 At the end of the class please collect your belongings and maintain social distance rules.
- 13 Please exit the class in the bar area through the other main doors maintaining social distancing. Sanitise your hands again at the exit and please maintain social distancing when leaving the class.
- 14 Please remember we are no longer allowed "walk ins" you must book on to the class before attending. Please ring or text 07910 797527 or email katrina@fitness-vibe.co.uk to check availability. Once I have confirmed there is a space available I will give you details of how to pay.

LEGS BUMS AND TUMS CLASS PARTICIPANTS – The mats, weights and power bands will be available and disinfected before each class. Some of you may wish to bring your own exercise mat. Resistance bands will be available to purchase for £2.50.

My utmost priority is the safety and wellbeing of my class participants. I will follow all rules to mitigate risk but understand returning to indoor classes is a personal choice.

As you are probably aware, any of the guidelines above are subject to change in accordance with current government guidelines.

Signed

Date