

Louise Hebblewhite - Sucram Yoga - Covid19

Returning to Yoga Class

These recommendations are based on the guidelines from WHO, Government guidelines and Yoga Alliance Professionals.

Class Structure

- Keep to social distancing whilst waiting to enter the room, avoid grouping in the foyer or at the door, remember others are also using the building.
- Class numbers will be reduced to ensure the safety of the students and to keep to the correct social distancing.
- Wherever possible students are to follow a one way system in and out of the Hall. One door in and another door out.
- Place your mat at the allocated plastic cone.
- Place coats, shoes, bags etc neatly and as near to your mat as possible. Ideally in a bag.
- When taking shoes off ensure you step straight onto your mat.
- Wear clean clothing for the session, Students are advised to change out of their yoga gear as soon as possible after leaving the class and encouraged to wash their gear once you return home.
- Every student must of filled out a Pre class Health Questionnaire prior to class.
- Classes are booking system only. NO Walk in's.
- You are encouraged to clean your mat Pre and Post Yoga session. (at home)
- You will need to provide your own Yoga equipment for all session, sharing equipment is not permitted.
- Bring hand sanitiser, you will be asked to use before and after the session.
- If you have to use the toilet, wash your hands.
- I unfortunately will not be doing any hands on adjustments at this time.
- For the time being **I strongly encourage you at this time to wear a mask**, when arriving at the class, during the session and upon leaving the class.
- For the time being I will be wearing a face shield.
- In accordance with WHO and Government guidelines your names will be registered for Track and Trace.

Given the unprecedented nature and uncertainty surrounding the Coronavirus pandemic, the information provided here may be subject to change.

I appreciate this is a difficult time for all my Students, and me included so I hope this document can offer some confidence when it comes to returning to class. And as we look toward the easing of lockdown I will continue to share updates and useful resources with you all.

Louise Hebblewhite Aug 2020
