

Your Training Set up will look like this

1. Maximum 10 people per group

Train only in your allocated area



No spectators are allowed in classes.

Parents may drop children off, but are not permitted to stay inside: they may wait outside if desired.

2. Avoid close contact – keep 1.5m apart where possible

No physical contact between any people not living in the one household.

Minimum 1.5m distance between all people.



3. Non-contact training only!



4. Get in, Train, Get out

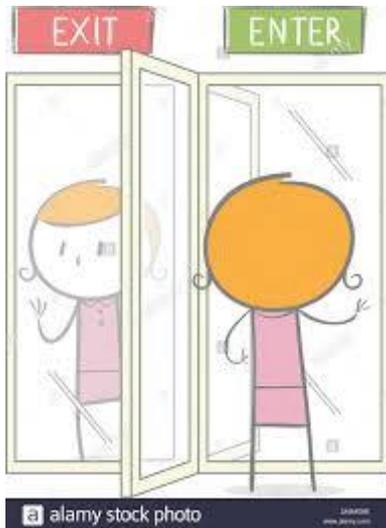
Arrive ready to train (dressed and with all your equipment)

Bring your own water bottle

Change rooms remain closed

Where possible, classes will have clearly signposted separated entry and exit areas.

When conducting back to back classes, when one class is finished, there will be no entry by those attending the next class until all those from the first class have left.



5. Practice Good Hygiene

Use sanitisation available for your area. A hand cleaning station where all persons entering the class will clean their hands; all persons are to clean hands with soap/sanitiser on entry and before leaving. Avoid spitting, clearing nose, coughing etc.

Instructors will ensure that cleaning and sanitising will occur before and after class, and where appropriate during class.





Particular attention to be paid to toilets, door handles, light switches and bench surfaces.

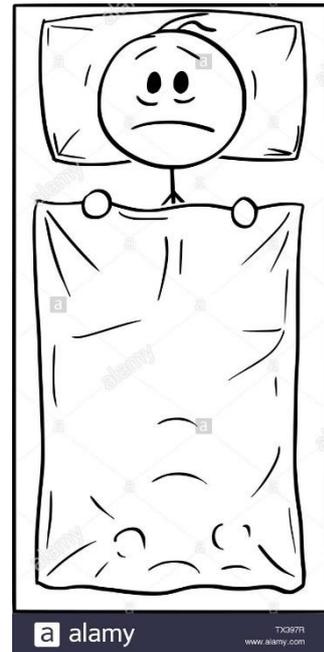
When allowed, all equipment such as focus pads to be used by only one person in a class, and cleaned/disinfected after every use.

6. Do not attend if you are feeling unwell

All students and instructors are required to stay at home if feeling at all unwell (apart from known chronic conditions).

All students and instructors to notify Club if not attending due to medical condition.

Forehead temperatures taken of all students and Instructors on entry; if higher than 38 degrees Celsius, entry will be refused.



7. Tracing

All students and prospective students to have contact details recorded.

Records will be kept of all students who attend any class for any period of time. These records to be made available to health authorities if anyone in the club is found to be Covid 19 positive.

Your safety is our first priority.

