

Yoga With Alix **Covid Policy at Birdwood House** Thursdays from April 2022

**Alix's Over 50's Hatha Yoga Class at Birdwood House** 10 – 11.30 am.

### **Covid Policy and Risk Assessment.**

Please could class members arrive punctually for the class as you will not be allowed into the building before 9.45 or after 10 am. Please queue in a considerate socially distanced way.

There is no changing area, so please arrive wearing what you will wear for the Yoga class.

Please bring with you your mat, blanket, any props/blocks/bricks you need **and** your own drinking water. Loos are available.

Please sanitise your hands as you enter the building.

Please do not hang up coats in the building, keep all belongings with you. Place any belongings inside a bag or box near to you in the class. There is no lost property service.

No bare feet anywhere except on your mat. Please remove your shoes before entering the class which is up a single flight of stairs.

The front door will remain locked during the class.

This upstairs back room is a warm and sunny space and allows for up to 8 students and one teacher. I will keep this Over 50's class to a maximum of 8 people in the room, including me, to allow extra space for those shielding. There will be no hands on adjustments. We will maintain social distancing within the room.

At the end of the class please keep social distancing and leave the room quietly via the stair case. Do not block the stair case. Please only chat once you are outside the building in the fresh air. Please be aware that sound can travel and can easily disturb other classes.

Please do not come to the class if you feel in any way unwell, or if you have been in contact with anyone who is in any way unwell. We have a responsibility to each other to be considerate of the health needs of everyone in the class This is particularly true when some members of the group may have more severe health needs. Regular lateral flow testing if possible also helps to maintain confidence for the whole class.

The room will be sanitized between each class, wiping all door handles, light switches etc with disinfectant.

The windows will remain open for ventilation even during cold weather so please dress warmly if need be. However there is good heating with thermostatically controlled radiators and large easily opened windows also provide plentiful safe clean fresh air. If you have any queries, please do not hesitate to phone or email me, or ask at any time during a class.

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