Yoga With Alix Covid Policy at the Chapel House Studios Autumn 2021

**Alix’s Over 50’s Hatha Yoga Class** Studio One The Chapel House

**Covid Policy and Risk Assessment.**

Please could class members arrive punctually for the class as you will not be allowed into the building before 9.40 or after 9.45 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 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 Studio One. There is no lost property service.

No bare feet anywhere except on your mat. Please remove your shoes before entering the Studio 1 which is on the Ground Floor, and walk across the Harlequin sprung floor in grippy socks to avoid bringing in dirt from outside.

The front door will remain locked from 9.45 and during the class. There is a Fire Escape at the back of the building which will be used at the end of the class to exit the building.

This large studio space allows for up to 12 students and one teacher. However 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. I have been double vaccinated and am regularly testing each week. 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 via the Fire Escape. Do not block the Fire Exit. Please only chat once you are outside the building in the fresh air. Please be aware that sound can travel and could 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. Vaccination and regular lateral flow Covid Testing 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 even during cold weather so please dress warmly if need be. However there is heating - a Heat Exchange Unit on the roof extracts the Studio air regularly, and inputs either heated or cooled fresh air to maintain an ambient temperature of 19 degrees and 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. **Alix Riley 07891 138765 alix@rileymusic.plus.com**