

Risk Assessment for Pilates

- Please be on time and observe the 2 metre distancing rule.
- Your temperature will be taken on entering the building, but please do not come if you have any symptoms of feeling unwell.
- Please wear a mask on entering and leaving the premises; do not take it off until the teacher asks you to.
- Please use the hand sanitiser provided on entering and leaving the building.
- Do come in your exercise clothes and try not to change within the building unless absolutely necessary.
- Please refrain from using the toilets unless it's imperative.
- Bring your own water or energy drink and leave it at the end of your mat.
- Bring your own mat in a protective cover (which must be left in the corridor area) and place your mat on the marked positions in the exercise area.
- Leave all your coats, shoes and non valuable possessions in the corridor area. Your valuables or a small bag can be brought in and left to the sides of the floor or window sills.
- Please leave separately with your masks on, following the 2 metre distance rule.
- If you feel you have to ask your teacher about something please do it very briefly at the end of class with your mask on, standing metres away, or preferably email or message or ring.
- You will be expected to fill in a new medical form with new health information and sign it and give it to your teacher in the first session back.