

COVID SAFE YOGA WITH THE CROW

I am upping the game when it comes to health and safety, and I require your help to ensure our practice space is as safe and hygienic as possible. Please read below carefully and let me know if you have any questions or concerns.

WHAT I AM DOING:

- Rooms will be cleaned more frequently and deeply using stronger antiviral disinfectant sprays, with particular attention to high-traffic touch points such as door handles, etc.
- I take the bookings in advance and accept no drop-in students to prevent unexpected crowd and unnecessary flow in the premises.
- I will have online / contactless payment and online sign-in procedure.
- I've limited class capacity to follow social distancing guidelines and allow for 2m between students, and I will be wearing a mask to welcome you in, discuss your individual needs when you ask or for private medical conversations.
- I will ensure hand sanitisers are available at the start and end of every class. Please always find them right next to the entrance doors each time on your arrival.
- We will have one-way flow route / separate entrance only for class students when possible and yoga students will not be exposed to contact with other groups etc. [Watch the video here!](#)
- I will ventilate the room before, during and after the classes as often as possible. I am planning to keep the room windows & doors open whenever possible to prevent the door handles from use and also to keep the room well ventilated.
- I won't be providing any yoga mats or shared props such as blocks or straps, but you're very welcome to bring your own along.
- I may consider shorter class times for indoor sessions as advised by the government.
- I avoid hands on adjustments and favouring verbal communications instead.
- I will inform students well about the guidelines and recommended way of arrival, visiting the premises and leaving the site, in writing as well as verbally.
- I always keep attendance record which is extra beneficial during Covid-19 in terms of complying with NHS Test & Trace system when require.

WHAT I'AM EXPECTING YOU TO DO:

Here is an infographic that I created for you. You can save it on your phone as a reminder if you like.

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START



If you arrive early, please wait outside. Maintain min. 2m distance with others, wear a mask if you like. The doors will remain locked until your class time.



Stay at home when sick or having temperature over 37.6C; if you or any other family members show symptoms of COVID-19; if recently back from abroad.



Wash your hands and / or use hand sanitisers on your arrival before you step in to the stair cases and yoga rooms. They will be available right next to each entrance door.



Bring your own yoga mat and yoga props including a thick blanket to cover your body during relaxation, especially while we are moving into Autumn months.



Please arrive in your yoga kit, in layers including warm socks if possible. Please note, no changing facilities will be available. Practise with joy and confidence.



Avoid close contact with others, maintain 2m distance between the mats behind the markings on the floor, use a mask if only you want to, avoid touching your face.



After class, wipe your mat, props and floor space that you used around the mat. Cleaning spray & towels will be available for you.



Wash your hands and / or use hand sanitiser after class and as soon as you are out of the building.

FINISH

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