

**SEFALI'S YOGA
COVID RISK ASSESSMENT FOR PUBLIC CLASS ATTENDEES**

At Sefali's Yoga we will strictly adhere to COVID regulations for the benefit and safety of all of us. Below is a list of key features to bear in mind when visiting our classes.

Remember we must take personal responsibility and care and maintain vigilance.

PERSONAL CARE

YOU WILL

1. Do lateral flow test a day before the class
2. Bring fresh mask
3. Bring minimal equipment in a plastic bag such as own yoga equipment i.e. yoga mat, belt and block
4. Bring extra jumper and a blanket as windows and doors will be opened for ventilation.
5. If you have any symptoms of COVID please stay home and isolate and if you are not sure please let us know.
6. If you or any member of the family are isolating please do not attend the class

MAIN HALL

WE WILL

1. Ensure the floor is cleaned before and after the session
- We will require you to
2. sign the register with name and telephone number every session for track and trace purposes
 3. on entrance for you to wear a mask
 4. to have a non-contact temperature check
 5. apply hand santiser that we provide
 6. go directly to the designated area for yoga. Mats are to be placed two metres apart.
 7. Wear mask on entry of the hall. You may remove your mask while you are on your mat.
 8. Wear mask when moving away from the yoga mat, such as visiting W.C.
 9. To apply hand sanitizer on leaving the hall

**ONLINE CLASSES AS
ALTERNATIVE**

In the event public class is being missed due to symptoms or Government guidance

1. Catch up classes will be available online Via Patron paid on subscription for the month
2. Zoom or live stream classes as alternatives to public classes.

