



COVID-19 Safety Protocol for Yoga at VibeZ Dance Studios

These procedures apply to Kath's yoga classes at VibeZ Dance

Last updated 3 Sept 2020 by Kath Pinnick

COVID-Safety Procedures in summary

Responsibility of Everyone: yoga students, yoga instructor and studio managers

- Login on-line to the VibeZ Dance Covid [Covid Waiver and Track & Trace](#) on the day of the class (not the day before) or complete a form on paper at the studio.
- Wear a face mask until you are in Studio 5.
- Observe the traffic lights for going up and down the stairs.
- Keep the windows will be open to facilitate ventilation.
- Do not come if you or any of your household have COVID symptoms or if you have been asked to self-isolate.
- Use hand sanitiser and wash hands frequently
- Observe the one-way system around the premises.

Additional Responsibilities of Yoga Students

- Bring your own mat if possible
- If you borrow a mat or blocks you will be asked to clean it afterwards
- Book and pay for the classes on-line so we don't need to touch cash or cards.
- Where possible stay 2 metres apart from others before and after class.
- Inform Kath/your yoga instructor if you develop Corona virus symptoms and get a positive test result at any point after attending a yoga class. Inform Kath if you have been asked to self-isolate.

Additional Responsibilities of Yoga Instructor

- Carry out initial and on-going regular Risk Assessments to be confident that the Studio is a safe place for us to practice yoga.
- Follow guidance from Yoga Alliance and CIMSPA (Exercise Instructors) professional bodies of which I am a member.
- Open the windows before the class to facilitate ventilation
- Measure out 2 metre distance between mats (head to head)
- Teach from the front of the room 2 metres from students where possible. No hands-on adjustment.
- Perform a risk assessment and ensure the room has been cleaned and disinfected and that hand sanitiser is available.
- Inform and Liaise with VibeZ Dance in the event of any organisational, facilities-related or COVID-related issues.
- Inform VibeZ if any student tests positive for COVID-19.

- Update you promptly with any news of changes or COVID-related issues when VibeZ Dance notifies me. This will include actions related to Track and Trace.

Additional Responsibilities of VibeZ Dance

- Full information on VibeZ Dance website [Covid Waiver and Track & Trace](#)
- Ensure cleaning procedures are conducted before and after class (including door handles, bathrooms and hand-rails)
- Provide anti-bacterial spray, wipes and hand sanitiser for customers.
- Update me/ yoga instructor of facilities-management changes or COVID-related issues including any actions related to Track and Trace.