



Making the Studio a Safe Place

Please do not come to Pilates if you feel at all unwell

If you feel at all unwell, please stay at home. If you have a persistent cough, high temperature or loss of taste or smell, please get tested via <https://www.nhs.uk/ask-for-a-coronavirus-test>.

Stay socially distanced

Please stay socially distanced from others in line with the current government advice while you are at the studio.

Hand sanitising

Please sanitise your hands before you enter the studio and after your class as you leave. Also feel free to bring your own hand sanitiser if you wish to sanitise more frequently during the class.

Ventilation

We will be keeping the windows open to allow for ventilation so you might like to bring an extra layer.

Come changed for class

Please bring as little as possible into the studio with you and keep your things with you during your class. **Social distancing applies throughout the building and when using the toilet facilities please follow the hygiene notices.**

Socks and shoes

Socks are **compulsory**, ideally grip socks. I cannot lend you socks but I still have a small selection of grip socks for sale should you forget yours. Please bring a small clean bag to put your shoes in, take them off when you first arrive and place them on the shoe rack. Please do not walk around the studio in your shoes.

Timings

Sadly, there is no socialising for now. Please arrive no more than 5 minutes before the start of your class and wait outside until you are invited into the studio and leave straight after the class. You can now enter the studio directly from the Car Park, you do not have to enter the communal area.

One-way system

You can now enter the studio directly from the car park area, you do not have to enter the communal area.

Please enter through the **IN** doors, they are sign posted. Head to the furthest available Reformer from the door unless you are instructed otherwise. Please exit through the **OUT** doors, they are sign posted.

Equipment cleaning

Each Reformer has its own box and platform extender located under the machine and storage cupboard with the additional boards and barrels, please only go to the numbered associated with your machine. Each workstation has its own antiviral cleaning products, please wipe down all touch points on your machines and any studio equipment used thoroughly. All straps now have new Stott Pilates vinyl covers which are easy to clean. Please return all equipment back to where it came from.

Personal props

We will not be using any shared props that cannot be easily cleaned. Please bring your own mini stability balls and flexband to class and keep them with you, do not share them with others. If you forget your props, you will be advised how to modify or do without. These inexpensive props can still be purchased if required.

Studio cleaning

The studio will be thoroughly cleaned daily before classes, and we will regularly clean touch points throughout the day.

Bookings and payments

All bookings must be made either online or through Louise and Caroline. Let us know if you need help with the Mindbody App. BACS payments are preferred or cheques paid directly into the Bank, we can let you have the studio bank details if needed.

Really looking forward see you!