

# The Iyengar Yoga Studio, East Finchley

## COVID19 Safety Measures: guidelines for students

- Self-screening
  - No-one to attend class who should be self-isolating according to the latest government guidelines <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>
  - The above also applies to anyone with persistent coughs or cold.
- Booking and payment
  - Sessions to be booked and paid for online, in advance of the class (there is an option on the booking platform for people who still have credit on their class cards from before lockdown or who prefer to pay by cash/cheque).
- Arriving for class/queuing
  - Students to arrive no earlier than 10 minutes before the start of the class.
  - Social distance to be maintained if waiting outside with others.
  - Students will be admitted to the Studio one at a time after using the contactless hand-sanitiser dispenser at the entrance.
- Hand sanitiser
  - In addition to the contactless dispenser outside the Studio there will be plentiful supplies of sanitiser at various points inside
- Equipment
  - Students should bring their own mat and belt
  - Only Studio equipment with hard surfaces that can be wiped down will be in use (e.g. wooden blocks and chairs)
- Changing and personal belongings
  - Students should come ready for class because the changing area and shoe lockers will be closed.
  - Outerwear should be kept to a minimum and handbags left at home.
  - The same bag used to bring yoga mats and other props to the Studio should be used during class for shoes, outerwear (if any), and small items like house key, and placed on a bench in the hall.
- Class sizes
  - Classes will consist of 6 to 8 students plus the teacher
- Spacing of mats
  - Mat spacers will help ensure that a 2+ metre distance is maintained between students (and the teacher) during class
- Conduct of classes
  - There will be no physical adjustments during class
  - There will be no pranayama or chanting (including 'Om')

- Only simple use will be made of props
- Entering/leaving the teaching area
  - Students will fill up the teaching area starting at the end furthest from the door
  - At the end of the class students will be dismissed one at a time starting from the door side
- Use of the lavatory
  - Students should use the lavatory before leaving home to minimise use of the Studio facilities
- Timetabling of sessions
  - Sessions at the Studio will be spaced to allow time for ventilation and extra cleaning and to avoid over-crowding at change-over
- Cleaning
  - The Studio will be cleaned thoroughly at the end of each day
  - Additional cleaning (of props, handles etc.) will be carried out in between sessions
- Ventilation
  - Windows will be kept open at all times unless it is actually raining
  - The double doors to the teaching area will be kept open during and between classes
  - The main door will be kept open as much as possible during the day
- Test and trace
  - We will use the booking system to keep track of who has attended classes, including contact details which can be used for test and trace if required
- Waiver and undertaking
  - Students attending classes at the Studio will do so at their own risk
  - They will agree to follow the guidelines for conduct set by the Studio