**Guidance for Participating in Class**

The participant is encouraged to consider everything they do relating to hygiene, health and safety as they prepare for, participate in and reflect on their session.

 I (the participant) will:   (please tick each box to confirm)

**PLAN**

□ Pay for my session in advance (if applicable) using an online payment system or to church elder Sunday before the Wednesday Class

□ Submit my screening questionnaire electronically/Paper copy and read all guidelines and code of conduct in advance.

□ Confirm with the Teacher that I am coming to the session either Sunday before class or online

□ Find out where my session is taking place and consider how I will get to it safely, avoiding congested areas

□ Please remember to conduct a Lateral Flow Test on the day before coming to class on that day. It is good practice to do before and after a class.

□ If anyone in your group has Covid 19 symptoms that person must not enter the church or halls on that day and 14days after that said event.

□ Adhere to the latest Scottish Government guidelines if I am using public transport

□ Arrive exactly on time, not early, to limit waiting time and avoid congestion

□ Arrive on my own, or if necessary, with one other person to help me for accessibility reasons

**PREPARE**

□ Arrive at the session wearing the clothes I intend to participate in, with layers and warm clothes during Autumn/Winter

□ Bring my own water bottle and mini towel, with my name clearly marked on both

□ Bring my own personal equipment (Blocks/Mat) if I have it, and will not share it

□You should wear a face covering when moving around the halls, entering the hall, and leaving the hall and if amenities required e.g., using the disabled toilet facilities. Kitchen will be out of bounds during class participation.

**PROTECT**

□ Wash my hands on arrival, during and after the session and bring hand sanitiser or use hand sanitiser if it is provided at the church venue

□ Wash my hands after the session and again when I get home- clean clothes/mat

□ Try my best to always adhere to social distancing guidelines before, during and after the session. Try to avoid contact with other groups or meetings that may be using other hall at the same time.

□ Let the Teacher know if I feel unwell at any point before, during and after the session

□ Please use Check-in Scotland when you arrive at the church halls. You’ll find Check-in Scotland posters on notice boards with the QR code to scan. Don’t forget to log out when you leave the church halls.

**REVIEW**

□ Let the Teacher know if I felt the session could be improved to help me feel safe and have fun

□ Consider how I got to the session, is there anything I could have done differently to improve my safety and the safety of others around me?

□ Consider what I did whilst participating in the session, is there anything I could have done differently to improve my safety and the safety of others around me?

□ Consider how I got home from the session, is there anything I could have done differently to improve my safety and the safety of others around me?

□ Talk to someone, such as a responsible adult, Teacher or doctor if I felt anxious about taking part