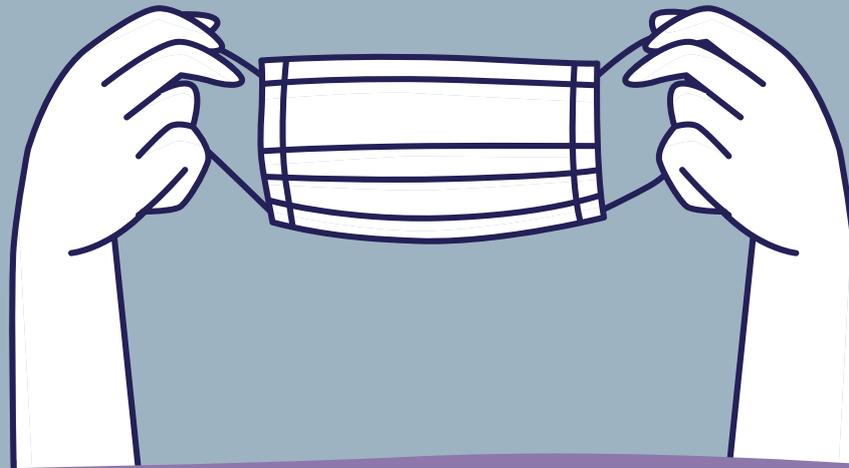


Covid Regulations

Seasonal yoga

YogabyDiane



Before a Class

✓ You will need to book either online or to an elder in advance. Arrive at the church no more than a few minutes before class start time. You will also need to complete your par-q form prior to class.

✓ Avoid eating anything for 1 hour before class starts.

✓ You must bring your own yoga mat and props (cushions/blankets) for yoga.

Details for equipment can be given in advance if no accessibility.

✓ Please bring a pre-filled water bottle as you will not be able to access the kitchen.

✓ Please remember to do an Lateral Flow Test on the day before class starts and do not attend if you have any symptoms.

Arriving at the church

You must wait on the left hand side of community hall entrance on the marked spaces to maintain social distancing until the doors are open for class to begin.

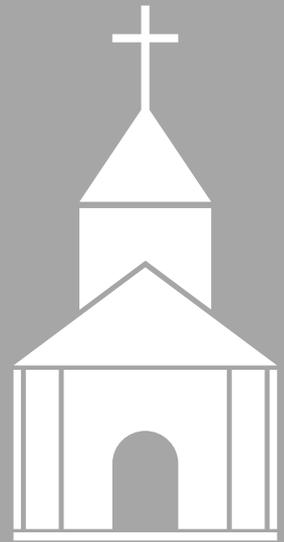
You will be required to wear a mask when entering the hall and remove it for when the class begins

You will be asked to sign or scan a Test & Trace before the class begins and ask to sanitise your hands before entering the hall.

Diane will stand on the mat at the end of the hall where there will be 2 rows of participants in the hall space. Please choose your space with social distancing in mind.

We do have access to a toilet (disabled one only) and would prefer where possible that it is used when absolutely necessary, so please go before you arrive

Please keep personal belongings to a minimum. Jackets and coats can be hanged in in the foyer area.



During a class

Class sizes will be reduced evenly to comply with social distancing guidelines

Mats should be laid out horizontal and in such a way to ensure a minimum of 2m distance between each one.

The layout of the room will be to the left of the sanctuary with 6 spaces. More than 6 will move over to the right of the sanctuary.

Diane will only give cues for adjustments and all exercise will be 'on the spot'. All adjustments will use props to ease for any pose/asana.

All doors will be open to help maintain a breathable and hygienic environment with no use of air con or fans.

In Autumn and winter time please bring extra layers to keep warm

After Class

Once the class has ended, please wipe down your mat with your own wipes to hand, wipe down feet.

Once mat has been cleaned, tidy your space, sanitise your hands and replace mask back on before you leave the hall.

Participants closest to the back of the church hall will exit last while those at the front will exit first, We will exit from the second door of the church hall to avoid congestion in the foyer area.

Please sanitise your hands after class and wash hands and mat/clothes thoroughly when you get home. Try to do an LFT when you arrive home.

Finally if in doubt.....

No one should leave home to participate in exercise or officiate if they, or someone they live with, has any of following:

Tested positive for Covid-19 following PCR test and/ or awaiting results of that test. Lateral Flow test do not apply.

A high temperature

A new continuous cough

A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS, NHS inform Scotland, Scottish Government guidance on self-isolation