

Guidance for a Safe Return to your Medau Class

Guidance is in compliance with Government, Sport England and EMD UK advice.

Please read and keep for your records.

- **HEALTH & SAFETY** - Your teacher has been encouraged to complete on-line courses upskilling knowledge with regards COVID-19, Class Management and Infection Prevention and Control. Your teacher will also be complying with new First Aid procedures in class.
- **DO NOT ATTEND** class if you or anyone in your household/social bubble has displayed COVID-19 symptoms (feeling unwell and fatigued, a high temperature, a new continuous cough, a sore throat and or any loss of taste or smell) within the last 10 days.
- **DO NOT ATTEND** class if you or anyone in your household/social bubble has tested positive for COVID-19 and is in isolation.
- **DO NOT ATTEND** class if you or anyone in your household/social bubble is awaiting the results of a COVID-19 test.
- **YOU MUST NOT** knowingly attend class if you are unwell and showing symptoms of COVID-19.
- **ASYMPTOMATIC** – There will always be an element of RISK returning to class. Your teacher and fellow class members cannot be held responsible if anyone is asymptomatic and attends class unknowingly.
- **CLASS SIZE and SOCIAL DISTANCING** – Please limit what you bring to class. Please be aware of and adhere to the 2m social distancing rules in the car park, queuing to enter the hall, within the venue whilst waiting for your class to start and when exiting. Obeying any one-way systems within the premises. Keep belongings in your 2m distanced designated area/chair and go to your 3m square of floor when the teacher starts the class. Please remain in your 3m square of work space throughout the class. Please leave toilet and drink breaks until any music is stopped and your teacher knows you are moving out of your space. If apparatus falls out of your 3m square please only retrieve once music has stopped.
- **TEMPERATURE TAKING** – Your teacher may decide to take temperatures before entry to class, these will be taken with a non-contact thermometer.
- **TRACK AND TRACE** - Your teacher is required to keep a record of attendance for 21 days for “Track and Trace” purposes, if you become unwell with COVID symptoms (or test positive) within 7 days of attending class, you must inform your teacher, venue and NHS Track and Trace.
- **PAYING/BOOKING FOR CLASS** – Cash payments are discouraged, and your teacher may request that you book your sessions in future. “Walk-Ins” to class are discouraged, because your teacher needs to know participant numbers in advance. Payment by cheque and or electronic banking is encouraged.

➤ Please continue reading Guidance Notes overleaf ⇨

- **SANITISING HANDS** – Please ensure you sanitise your hands when entering and leaving the venue, and when going to and from the toilet. Please avoid touching your face during the class. Should you cough or sneeze, catch it in the crook of your arm or tissue and dispose of tissue effectively. “Catch It, Bin It, Kill It”
- **VENTILATION** – Your teacher will now need to make sure there is adequate ventilation in the room, so make sure as we go into the cooler months you wear appropriate layers depending on your usual body temp.
- **HIGH VOLUME TOUCH AREAS** – Will be wiped down by your teacher before and after class, these will include door and window handles, light switches, chairs (if in use), taps, toilet doors and toilet seats. (If your hall has upholstered chairs that cannot be cleaned effectively, your teacher may request you provide a suitable covering to be used over the chair)
- **PLEASE BRING WITH YOU FOR EVERY CLASS** – A filled Water Bottle, Your Face Covering, Tissues and Hand Sanitiser. You may also be asked by your teacher to bring your own Mat and Apparatus, which you will be required to wipe clean before and after class. Please keep any shoes you use for class in a bag and be aware if you usually have bare feet for class, you do so at your own risk.
- **APPARATUS** – Your teacher may still choose to use apparatus in class and will ensure all equipment is sanitised before and after each use. Please refrain from sharing apparatus and or touching apparatus if dropped by another participant, whilst the class is in progress.
- **MUSIC** – Your teacher is required to reduce the volume of the music played to minimise the need for anyone to raise their voice.
- **CLASS MANAGEMENT** – Your Medau Class will look and feel slightly different. You must remain in your 3m square at all times in class. You won't be travelling around the hall, using partners or working in groups. Your teacher will where possible be using more hand signals in class for direction and movement.
- **FACE MASKS/COVERINGS** – Guidance from the World Health Organisation has stipulated that it does not recommend wearing a face covering whilst exercising. However, should you wish to wear a face mask or similar when in class this is entirely at your own risk. Unless you are exempt, you will be required to wear a face covering when NOT exercising, including going to the toilet area.
- **USE OF TOILETS** – Please follow guidelines laid down by your venue.
 - You have now read the rules and regs ✓
 - Please sign the tear off slip at the bottom and return to your teacher confirming you have read, understood and will comply with the new guidelines for coming back to class.
 - Now let's get back to the Medau we love and have FUN 😊



I have read, understood and will comply with the new guidelines for coming back to class:

Signed:

Date: