**COVID-19 Risk Management for Yoga Classes 19/07/2021**

At Natural Balance, we comply with the most up-to-date guidance from the following organisations:

* UK Government
* Public Health England
* Health and Safety Executive
* UKActive
* The British Wheel of Yoga
* Complementary & Natural Health Care Council
* Association of Physical and Natural Therapists

The primary measures expected to be implemented are:

* Infection control
* Hygiene

We have conducted a thorough risk assessment to ensure high levels of safety are implemented and maintained at our venue. We are committed to ensuring that every measure is in place to minimise the risk of exposure to COVID-19, however, we cannot guarantee that there is no risk at all to you as a result of attending our classes. It is important that you understand the risk.

The World Health Organisation stated that:

“People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs or exhales droplets.

The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.”

In line with all the available guidance the following precautions are being implemented for the foreseeable future:

A strict cleaning, sanitation and infection control protocol for the premises. Contact surfaces (such as door handles) and the toilet will be sanitised, and the studio floor cleaned before and after each class.

You must not come to the studio if:

* you have COVID-19, or symptoms of the virus, or are awaiting your COVID-19 test results;
* anyone in your household or anyone you have been in contact with recently has symptoms, or is self-isolating, or has been tested positive for COVD-19 in the last 14 days;
* you have any cold/flu-like symptoms;
* you feel unwell in any way.

Sanitising hand gel will be provided for your use, and/or bring your own hand wipes/sanitiser.

There is no requirement to be wearing face masks or face coverings. However, if you wish to, it is up to you.

The windows will be kept open as much as possible during our sessions. If this is not practical, such as due to cold weather, then the windows will be opened before and after class to air the studio.

The toilet remains available, but it would be wise to minimise its use.

We will avoid congregating and lingering in the conservatory.

We will avoid sharing equipment, so please bring your own blocks and straps, if you wish to use them, and you definitely must have your own mat.

P.S. Please refer back to this document from time to time in case of amendments – you can see the latest date at the top. And feel free to contact me with any questions or concerns.