

COVID-19 RISK ASSESSMENT

I would like to reassure you that I am working hard to ensure your safety when we return to classes. I want to ensure that you continue to experience a relaxed and welcoming environment, at the same time being aware of guidelines regarding COVID-19. We already know that Pilates not only improves your core fitness, posture, flexibility and mobility, but that it enhances your emotional and mental well-being, therefore the social aspect of classes is vital in ensuring that we remain in touch with our emotions and that we receive support from others.

Please therefore help me to help you by doing the following:

- Please do not attend a class if you are experiencing **ANY** symptoms of COVID-19.
- Please attend the class on time and respect social distancing while waiting outside venues.
- Please wash your hands well before coming to classes and use the hand sanitiser provided on arrival.
- Please bring your own equipment to classes, including your own mat.
- Please respect social distancing while in class, I will not be offering 'hands-on' corrections at this time.
- Please ensure that the contact details provided on your health declaration are up to date at all times, please notify me immediately of any changes.
- If you have been in contact with anyone experiencing symptoms of COVID-19, please inform me and ensure that you follow the government guidance for self-isolation.

Illness and cancellations:

- If you are feeling unwell and experiencing any symptoms of COVID-19 please contact me as soon as possible to cancel your space
- 24 hours' notice is required for ANY cancellations including in the case of COVID-19.
- If notice is given after this time the session will still be charged as normal, however if you cancel with the given notice no charge will be made for the missed session

If you have **ANY** questions or concerns, please email me at pennypilates@gmail.com