

# Warwickshire Fitness Covid-19 Procedures

Last updated 1<sup>st</sup> November, 2022

These guidelines will be updated and amended as the rules change. Please refer back to this document and check the details regularly.

## **GUIDELINES**

**Face coverings:** Face masks are optional for class.

**Social distance:** It is recommended that at least 3 metres distance must be maintained at all times from other people for vigorous classes Like Zumba, or 2 metres for static classes like BODYBALANCE unless they are a member of your household bubble.

**Limit on numbers:** There will be a limit on numbers in the class so that each participant has at least 100 square foot of space to themselves. Positions in the class will be staggered to ensure more space around each person.

**Kitchen access:** Access to the venue's kitchen is not permitted.

**Cleanliness:** Please consider washing your hands before and after class and using hand sanitiser where available/provided.

**Ventilation:** The windows will remain open for the duration of the class in order to ensure clean, fresh air flow.

**Equipment:** Exercise mats and/or any other equipment used in class will be not be provided by Warwickshire Fitness. Please bring your own.

If you have any questions or concerns, please get in touch with [sam@warwickshirefitness.com](mailto:sam@warwickshirefitness.com)