

# PILATES

## with Francesca

### COVID precautions – February 2022

Although there are very few requirements or regulations in relation to COVID-19, the virus is still very much with us so I will continue to request that precautions continue.

That said, if you meet ANY of the government's criteria for self-isolation, PLEASE DO NOT COME TO CLASS.

If you have been identified as a close contact or a member of your household tests positive on a LFT or PCR test, **I ask that you take a LFT just before coming to class (for 7 days after being identified as a close contact).** This is **regardless of whether or not you have been fully vaccinated.**

#### **Mask wearing**

I now request that masks are only taken off **whilst exercising**. If you are talking to other members of the group before or after class, your mask must be on.

You must have a mask to come to class – please keep one in your Pilates bag so you're not caught out.

If you need to use the loo, please put it back on and as you leave class.

If you are exempt, please let me know.

#### **Venues – Entry and Exit**

I can only really manage the classroom environment, but the following measures make sense if we're trying to keep the classroom environment safe.

Please refer to the venue you usually attend, but if attending a swap class then check before you arrive.

## **The Corn Exchange**

- When waiting for you class to start, keep masks on and keep a 2m+ distance between yourselves
- Sanitise your hands on entry and exit
- There is sufficient space for heads on mats to be 2m apart or even more if you want to work head to toe
- Windows will be open if the weather allows or the air conditioning on so you might want to wear layers

## The Flexi- Rooms

It still makes sense to enter from the front of the building and exit through the rear (come down the back staircase and either leave from the front or the back), but it depends which class you are in and if another class is waiting for their class.

## The Charter Hall

We will be in the Charter Hall for selected dates until the end of the summer term.

It still makes sense to enter through the front and exit through the rear, but it's up to you. Masks on please.

## **St Ives Methodist Church**

You can enter and exit through the side or the fire exit at the back.

Sanitise your hands on entry and exit.

There is plenty of space for mats to be 2m+ apart.

If the weather allows, I will have the fire door / windows open so wear layers.

## **Eastfield School**

If you're in the 6.30pm class, come straight in. If you're in the 7.35pm class, wait outside or in your cars until you see the earlier class come out and into the car park.

Avoid waiting in the reception area.

Sanitise your hands on entry and exit.

There is plenty of space for mats to be 2m+ apart.

If the weather allows, I will have the fire doors or windows open so wear layers.

(1<sup>st</sup> class) At the end of the class, leave through the fire doors in the hall and walk through the playground back to the car park.

**Over**

The door and windows will be open, so wear layers.

Please keep 2m+ apart.