

COVID PROCEDURES HANDOUT - JUNE 2020

BEFORE CLASS – Creating Space

- To avoid people clustered in the waiting area, please try to arrive no more than 5 minutes early.
- Please maintain social distancing (1.5 metres) especially in the smaller areas of the studio (waiting area, bathroom).
- Please do not change clothes at the studio.
- There is plenty of hand sanitiser and we encourage you to use it when you enter and as you leave.



DURING CLASS – Staying safe and caring for others

- If possible, bring your own equipment. This is the safest for you. You are very welcome to use our mat disinfectant spray before you leave. If you need our equipment, please ask as it has been set aside.
- Bring your water bottle – no more glasses sorry.
- Bring pillowslips or a cover for bolsters or cushions you may use at the studio. 2 pillowslips over each end of the bolter or placing a towel, etc over it means we can continue to use them freely in class.
- Please set up your mat in the spaces marked to maintain social distancing (1.5 metres in all directions)
- If you use the wall during class, please give it a wipe down afterwards – this will really help the teacher too.
- Please use the Glen 20 spray in the bathroom to spray down any surface you touch (before as well if you like 😊)

We are still adjusting to the new measures needed for social distancing and protecting ourselves and others. Your input is both necessary and very appreciated! We'll all get used to it – we are more used to it than we were in March! If you have any concerns, or suggestions to help, please let us know.

Remember if you are unwell, or have any symptoms of COVID19, please stay home! We will continue to run some classes online, so even if it is not your regular class you won't miss out.

Thank you so much for all your help – Waverley Yoga is a community, and all of us caring and supporting each other is what makes it such a wonderful place.