



What to expect from a “LIVE” Pilates Plus Class:

We are very excited about returning to “LIVE” classes and hope to see some of you there. We recommend that if you are or anyone from your household is in a vulnerable category (see link), you are shielding or are not comfortable with the thought of returning to class you follow our online streaming programme which will continue for the foreseeable.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#who-is-clinically-extremely-vulnerable>

We and our partner venues have put specific measures in place to reduce the risk of transmission of COVID-19 but there is no **way to eliminate this risk**. If you are considering coming to our “LIVE” classes, it is essential that you read the following information.

Please **do not attend** classes if you are feeling remotely unwell or have any COVID signs and symptoms including the following:

- Cough/shortness of breath
- Fever (over 38 degrees)
- Loss of taste or smell
- Fatigue/aches
- Unexplained rash

Venues:

We have been working hard alongside our venues to make sure you have the best experience possible and safest on the return to class. Please wear your face coverings when entering buildings are per government guidance. <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

Changes to your classes:

- There will be hand sanitizers on entering and leaving the venues.
- Some of our venues will be using a one-way system for entry and exit of the building, we ask you adhere to these systems in place.
- Our classes will be required to be smaller in size to allow for allocated social distancing (this may change over time depending on the government guidance, but we will follow this stringently in each of our venues).
- Class times will be spaced out by 15 minutes to allow time for the physiotherapist/instructor to clean anything required and to allow for the room to aerate
- Please ensure you arrive on time for your class but WAIT OUTSIDE 2 metres apart from anyone else. There will be no seated waiting area, if you are coming in after another class make sure you give the participants time and room to leave in a socially distanced way.



Equipment:

To ensure as little cross-infection and transmission as possible, we require you to bring the following to class.

- **Your own mat**
- **Head pillow**
- **Theraband**
- **Ova Ball**
- **Weights (not essential but are required for sculpt and Barre classes)**
- **Poles (Nordic Walking classes only)**

We will provide a small supply of equipment for anyone who is either new to class and has not had a chance to purchase items. This will be cleaned thoroughly after use.

If you do not have any of the items required we will be holding regular equipment sales and can provide you with the relevant equipment prior to starting class.

Cleaning/Hygiene:

We ask that everyone washes their hands and uses the allocated alcohol gel provided as you enter and leave the building/room. <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

We will use alcohol wipes to clean any equipment used by clients between classes

Your instructor will be wearing a mask to greet you into class but for the purposes of teaching remove the mask.

There will be no physical contact between you and your instructor but they will provide verbal feedback/cues where required.

Consent/Track and Trace:

We hold a register for all our classes, which we will provide to the track and trace team if required or you specify otherwise.

If you develop any symptoms in the 2 weeks following your class, please notify us immediately.
Email: talk@pilatesplusphysio.co.uk

We hope you understand the measures we are taking to try to protect the health and safety of our staff as well as you, our clients. We will review the above measures on a frequent basis according to government and professional guidelines.



If you have any questions or suggestions regarding any of the above information, please contact us on talk@pilatesplusphysio.co.uk

Many thanks,

Tess & Laura

Pilates Plus Physio