



COVID-19 Safety Procedures 18th August 2020

Our main focus in operating during the Coronavirus Pandemic is the safety of our customers and our staff. This document has been put together to provide clear information on our operating policies and procedures during the Coronavirus Outbreak.

Government Advice and Guidelines

Mammas Fitness will be operating under the Government advice and guidelines during the Coronavirus Outbreak. Up to date information is provided on the Government Website and we check this regularly for any updates or changes.

On 9th July the UK Government announced the reopening of indoor leisure facilities and outdoor group sports and fitness from 25th July 2020. Please see the link to the statement here:

https://www.gov.uk/government/news/government-announces-gyms-and-pools-to-reopen-safely?fbclid=IwAR3Z8LchrMvgK4JZgcDAbazPfyDY_pUjU4sgbw1f6PZpag4-3f_p26wNj5Q

The Department for Digital, Culture, Media & Sport has issued guidance for providers of grassroots sport and gym/leisure facilities please see link here:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

Guidance for providers of outdoor sport and recreation can be found here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

Running Classes Safely

We have studied the government guidelines and will be implementing the following practises from September 2020.

Classes held at Sherwood Studio

- Current guidelines specify that anyone exercising should be socially distanced and avoid face to face positioning to stop the spread of vapour/droplets. 2mx2m boxes will be clearly marked on the floor for each person and everyone will face in the same direction where possible.
- Each person will be provided with their own mat for use throughout the lesson. All mats will be cleaned thoroughly after use. Where equipment is used during classes it will be thoroughly cleaned between uses.
- No baby toys will be provided in our Post Natal classes.
- To limit transmission of the virus, Pilates customers should only bring their keys, their phone and a water bottle into the studio and this should be placed within their 2m x 2m box.
- Post Natal customers bringing their babies to classes should bring minimal items with them and any toys brought must not be shared. Babies should be kept within the 2mx2m box provided wherever possible.
- Toilets and changing facilities will not be available before, during or after your class.
- Music will be played at a suitable volume to avoid an increased risk of transmission - particularly from aerosol and droplet transmission.
- Windows will be left open during classes to provide adequate ventilation.
- Hand sanitiser will be provided and must be used by every customer upon entry.
- The most effective way to control the spread of Coronavirus is through cleaning and washing our hands. The instructor will regularly wash their hands throughout their shift and thoroughly clean the studio between classes.

- Classes have been timetabled to allow a minimum of 10 minutes cleaning time between each class. All equipment, floors and surfaces will be cleaned with anti-viral disinfectant.
- We do not have the facilities to provide a one-way system within our studio, therefore exit will be through the same door and customers will be permitted entry and exit one at a time.
- Doors to the studio will be left open during entry and exit to minimize contact with surfaces.
- We take cleanliness, hygiene, safeguarding and the safety of the staff and children extremely seriously and we recommend regular handwashing.
- We will be undertaking socially distanced temperature checks at the start of each class and recording the data and storing it for 21 days for NHS Test and Trace purposes. If you have a high temperature you will not be admitted to the class and will be advised to self-isolate for 14 days.

Classes held outside

- Current guidelines specify that anyone exercising should be socially distanced and avoid face to face positioning to stop the spread of vapour/droplets. 2m spaces will be clearly marked during static exercises and 2m distance should be maintained during non-static exercises.
- Hand sanitiser will be provided and must be used by every customer upon arrival.
- Where equipment is used during classes it will be thoroughly cleaned between uses.
- We encourage strict handwashing practices
- We will be undertaking socially distanced temperature checks at the start of each class and recording the data and storing it for 21 days for NHS Test and Trace purposes. If you have a high temperature you will not be admitted to the class and will be advised to self-isolate for 14 days.

Supporting Test and Trace

The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace. We will assist this service by keeping a record of our visitors for 21 days to assist NHS Test and Trace with requests for that data if needed. We will keep an electronic record of customers using class registers and all other visitors entering the studio outside of class times will be required to record their name, home phone number, mobile number, date and times of entry and exit so that each person could be contacted if there is a case of COVID-19 connected to our facility.

Should you or anyone in your household become unwell you must immediately inform us and not attend your class.

We will be undertaking socially distanced temperature checks at the start of each class and recording the data and storing it for 21 days for NHS Test and Trace purposes. If you have a high temperature you will not be admitted to the class and will be advised to self-isolate for 14 days.

If a case of COVID-19 is connected to our classes or studio, we will follow the advice of the test and trace service and contact customers if required.