



# YOGA + mindfulness with Linda Allam

## Conditions for Attending Yoga Classes during Covid-19 Restrictions following Risk Assessments by Hall Committee and Me

20.10.2020

**What You Must Do** – *please familiarise yourself and follow recommendations, thank you.*

- It is **not possible to “drop-in”** to classes; numbers will be carefully monitored on my **online booking system** and **contact details are stored** here so that in the event of you, or another student, developing symptoms everyone can be contacted.
- Please **DO NOT** come to class if you are unwell or if you have been in contact with anyone suspected of having COVID 19 in the past 10 days.
- Please try to **come to class completely ready** so as to reduce the need for taking time in confined spaces such as the toilets or side room. The toilets will remain open for use but the **kitchen is completely out of use**.
- Please **maintain a social distance of 2 metres** at all times - do maintain social distance whilst chatting before and after class even in car parks.
- Please **arrive no sooner than 15 minutes before class start**; and please be patient if I am in the hall and it's not ready for you to enter yet; **but also be in good time** for your class and **enter the hall one by one**;
- **hands must be sanitized** thoroughly before entering the building/hall; also using a **face mask**; allow the person in front of you to get established in the hall before you enter; do not congregate in bottle necks; I recommend you carry a **personal supply of hand sanitizer** even though there will be sanitizer available at the hall.
- You **MUST wear a face covering** to enter and leave the building/hall; once you are on your mat and 2 metres away from your nearest “mat neighbour”; you can remove your face mask if you wish before practice or keep on if you prefer.
- You must **bring your own mat** and blocks as I cannot lend any equipment for the foreseeable future; your personal equipment must be kept scrupulously clean and **NEVER shared** with anyone!
- Please **avoid bringing ANYTHING** into the hall that is unnecessary – this includes extra clothing, bags etc. Consider bringing a small cotton sack for your outdoor shoes so you can leave this next to your mat and then “grab” on your way out. These are some items you can bring into the hall: - Yoga Mat & Blocks; Water bottle; Phone (on silent of course); small blanket; small shoe bag; tissues.

### Mitigation actions I have taken to keep you safe

- I have followed guidelines set out by The British Wheel of Yoga (BWY) and the various Hall Committees.
- The Hall committee have agreed to much higher levels of cleaning and I will also be cleaning the hall before and after your visit; this includes thorough cleaning of door handles and other frequently touched surfaces.
- I have reduced class sizes and determined the exact distance necessary between mats to ensure 2 metres social distancing.
- I will as much as possible, thoroughly ventilate the hall before class.
- I will not offer any hands on adjusts in accordance with BWY guidelines.
- If you have any concerns about the above guidelines or in general about attending class, please do not hesitate to contact me.

We come together to enjoy our practice of Yoga + mindfulness and, reap the benefits of our efforts. It will be great to be with you all again. Face to face interaction is very beneficial to our sense of safety & connection, increasing feelings of well-being both physically & mentally.

***Your safety is my safety – my safety is your safety - let's stay safe & take care of each other!  
Om Shanti!***