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St Albans Trapeze and Aerial Arts - Covid 19 Health and Safety Protocol for Participants

How you can help us

- Classes must be booked in advance online via our booking system.
- Please wait outside the building until the instructor calls you in, please enter one at a time and keep 2m apart.
- Floor markings will be in place to assist you with the 2 metre distance.
- Each student will have their own area and piece of equipment which will not be shared. This equipment will be disinfected and taken out of use for 48hrs after every use. Please remain in your area throughout the class. Do not walk around unnecessarily or touch other equipment.
- Students must wash their hands at the beginning and end of every class and if an instructor has to perform an emergency spot on you. Soap, water and hand sanitiser will be provided.
- There will be disinfectant spray and cloths at each station for students to clean their mat before and after use.
- Please bring your own yoga mat for warm up and cool down if you have one.
- Students must provide their own grip aids; please do not share.
- Please be on time. We will not be able to let you in if you are late for class and no refund will be given.
- Students should only attend if they are well, have no symptoms and are past any isolation period.
- Students should seek guidance with reference to their own personal pre-existing health conditions and therefore their suitability for being in the studio environment.
- Please come changed ready for class and do not bring unnecessary belongings into the studio.

How we'll help you

- All crash mats, equipment, bathrooms and surfaces will be cleaned between every class.
- Our instructors will be teaching lesson plans that do not need spotting.
- Instructors are encouraged to teach regressions, conditioning, flexibility, strength building, routines and flow using previously taught moves. New moves may be taught if the instructor is confident that the student does not need spotting and they will use their professional judgement, training and experience to determine this. Please respect your instructor if they refuse to teach you a specific move due to their inability to spot you.
- An emergency spot may be performed if the instructor feels the risk of injury or falling is greater than the risk of COVID19.

Suspected cases

- Any student suffering symptoms should let us know immediately, attend a test for confirmation, and not attend classes until they receive test results.
- If the test is negative they may return immediately, if positive they may not return until 14 days after their last symptoms.
- In the event of a suspected or confirmed case amongst our students/instructors, St Albans Trapeze and Aerial Arts will inform all those students who attended the same class as the student/instructor and what action they should then take. If contacted by The Test and Trace service we will disclose your contact information to them.
- Deep cleans will take place on a regular basis and in the event of a suspected case.