

## **AWESOME STUDIOS – COVID INFORMATION**

### **WHAT WILL BE RUNNING:**

#### **IF WE ARE IN TIER 2:**

- Adult fitness classes with limited numbers
- Baby and Pre School Classes with limited numbers
- Children and Teen classes with limited numbers
- Additional needs classes with limited numbers

#### **IF WE ARE IN TIER 3:**

- Baby and Pre School Classes with limited numbers
- Children and Teen classes with limited numbers
- Additional needs classes with limited numbers

### **WHAT MEASURES DO WE HAVE IN PLACE:**

**HAND SANITISING** – Hand sanitisers are available in every studio and we encourage everyone to sanitise their hands on arrival and departure

**FACE COVERINGS** – All people over the age of 11 must wear a face covering when entering and leaving the venue and when walking in communal areas. The face covering can be removed when you arrive at your mat or spot to dance on.

**DISTANCING** – Everyone in the venue should respect social distancing. During the classes, everyone must space themselves at least 1 metre apart. Children will be given spots to dance on to ensure distancing.

**CLEANING** – The venue will be cleaned frequently, regularly and thoroughly

**EQUIPMENT** – All adult participants must bring their own mat if doing a mat-based class (gymnastic mats are provided for children's classes). If adults are using any fitness equipment it must be wiped down before and after each use. Baby and pre-school children who require props for their classes will be given their own prop bag which they must bring to each class.

**CORONAVIRUS SYMPTOMS** – If you have any coronavirus symptoms; A high temperature, a new continuous cough, a loss of or change to your sense of smell or taste – Get a test and stay at home. You should not enter our venue.