

# Our health & safety promise

Phase 2 studio safety protocols



## **MASK UP 'OFF THE MAT'**

Masks must be worn by teachers & clients when not on the mat, for instance when signing in or in communal areas like washroom and waiting areas.



## **LIMITED PARTICIPANTS**

We will limit the number of participants allowed in the space. We will follow prevailing guidelines and strive to provide an even safer experience for all.



## **SAFE DISTANCING**

Mats will be spaced out such that clients will be approx 2m away from the next person. At all other times, we will require safe distancing of 1m when not on the mat.



## **SANITISE, DEEP CLEAN & VENTILATE**

Our space will be cleaned and sanitised frequently. Hands must be sanitised upon entry and used mats and props will be sanitised after each class. We will provide ample hand sanitisers and anti-bacterial wipes for your use.



## **NO PHYSICAL ASSISTS**

No physical assists will be provided. If there is a need for staff to approach you, we will do so with masks on while observing safe distancing.

# Help us do your part!

Phase 2 member protocols



## **ARRIVE EARLY**

Arrive 15 minutes before class to scan your attendance via SafeEntry. NO ENTRY to anyone with temperatures of >37.5, flu-like and/or respiratory symptoms.



## **BOOK EARLY, CANCEL EARLY**

Classes will be cancelled if there are no bookings 2hrs before or by 9pm the prior day for morning classes. Late cancellations will result in credit deductions.

**B.Y.O**



## **B.Y.O MAT, TOWELS & PROPS**

We encourage our sisters to bring your own mat or mat towel and props. Bring your own bolster/pillow cover or an extra towel to use our bolsters for Yin, Restorative and Womb Yoga class.

**B.Y.O**



## **B.Y.O WATERBOTTLE OR CUP**

We will not be offering drinks and food when the requirement for masks are in place. Please bring your waterbottle or cup which you can use at our hydration points.



## **USE THE LOUNGE AREA**

Please wait in the lounge area if there is a class in session. Please only enter the studio once the previous participants have exited.



## **JOIN OUR LIVESTREAM CLASSES**

Most of our classes will now be livestreamed from the studio via our TLY Online platform. Remember to select the correct class to receive the Zoom details.