**Information for Studio users**

**General rules**

* All sessions must be booked and paid for in advance.
* Any adults or children over the age of 11 **MUST** wear a face covering at all times.
* There will be a maximum of 10 participants per static class (Yoga, Pilates, Boogie Bounce etc & 6 for movement classes Zumba & Clubbercise) to try and maximise distancing.
* Participants must bring their own work out mat with them
* All equipment will be cleaned after every session by staff and the instructor.
* The instructor will discourage shouting or singing during the session
* Bags or jumpers and non-essential items are **not allowed** into the studio, a box will be provided for valuables i.e. phones and keys
* The toilets on the poolside can be used by participants
* At the end of your class, please do not hang around the studio as the instructor needs to prepare and make the studio ready for the next class.
* Participants are informed that if they are feeling unwell or are showing any signs and symptoms of Covid19 that they must not attend the session.

**How the Studio will run**

**At the start of the session**

* We ask that participants arrive no earlier than 5/10 minutes before their session.
* Participants will enter the building through a door on the side of the building into the studio, this will be signposted.
* The instructor will mark everyone in on the class register for track and trace purposes

**At the end of the session**

* Participants will then leave via the same door that they came through at the end of the session