



## COVIDSafe Agreement

As Canberra and NSW have started to ease restrictions around attending yoga classes, it is important that new policies and procedures are in place to prevent the spread of COVID-19 in the community. To do our part, we must change how we interact with each other in class when we are together.

The health and safety of all participants attending a Sue McShane Yoga class is extremely important to me. In order to achieve this, I am implementing new procedures and policies to ensure the safety of all attendees, myself included. This responsibility is yours and mine together.

As of 1 July 2020, when we resume face to face classes, it is a requirement of attendance that we all follow and adhere to these new arrangements.

Please read the following and sign to confirm that you have read, understand and will adhere to these new arrangements. Unfortunately I will not be able to accept you into class if you haven't signed one of these forms. By committing to these arrangements we are doing our part to maintain a safe environment for everyone.

### New arrangements for Face to Face Classes (as of 1 July 2020)

- Participants are to maintain a minimum of 1.5m distance from each other at all times.
- Classes will be limited in number to allow each person 4sqm of space, thus all students must register in advance to prevent overcrowding.
- Participants are to refrain from touching shared surfaces whenever reasonably possible in the studio.
- Shared surfaces such as doors, light switches, tables, and equipment are to be cleaned before and after each class.
- Alcohol-based sanitiser will be provided for common use.
- Payments will be preferred by direct deposit online.
- Each participant will bring their own equipment (yoga mat, blocks, belt, blanket), no communal equipment will be available for use.
- Hand washing facilities are available in each venue. Participants are encouraged to wash their hands for 20 seconds before returning to class after visiting the facilities.
- Movement around the room during class should be kept to a minimum.
- Participants will enter and exit in an orderly manner to allow for adequate social distancing.
- A replacement teacher will be made available in the event that the instructor is showing symptoms of any illness. In the event that a replacement teacher cannot be found, classes will be cancelled.

- Participants should refrain from attending class if exhibiting mild symptoms of illness, including (but not limited to) coughing, sneezing, fever. A participant may be asked to leave if these symptoms are apparent. If these symptoms appear in the instructor, class may be cancelled.
- If a participant is asked to leave due to possible illness, a refund will be issued if they attended less than half of the class. Refunds will not be issued if the participant attended more than half of the duration of the class. Refunds will be issued in the event of a class cancellation.

## In Summary

It is important that we all do our part to maintain a safe environment for everyone. Indicate below that you have read, understand and will adhere to these protocols as much as reasonably possible. I encourage you to contact me directly if at any point you feel concerned about your safety while in class

I have read and understand and will adhere to these requirements when attending class with Sue McShane Yoga, as much as is reasonably possible.

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*Signature*

*Date:*