



Zen Yoga Studio Camberwell

The Yoga Studio Close to You

Coronavirus COVID-19 Company Policy

In this **Coronavirus (COVID-19) Zen Yoga policy**, you'll find all the essential guidelines that yoga teachers, practitioners, therapists, workshops' facilitators, and all their clients need to follow when attending Zen Yoga Studio. In short, these guidelines apply to any person who attends Zen Yoga studio, in order to complying with the Government's guidelines and recommendations.

Policy brief & purpose

This company policy includes the measures we have put in place at the premises. You are kindly requested to follow all these rules diligently, to help maintain a safe environment during this unique period of time. It's important that we all respond responsibly and transparently to these health precautions.

This coronavirus (COVID-19) company policy is susceptible to changes with the introduction of additional governmental guidelines.

Scope

This coronavirus policy applies to all yoga teachers, practitioners, workshops' facilitators, students and everyone who enters the studio.

Policy elements

Here, we outline the required actions that hirers should take to protect themselves and their students/guests from a potential coronavirus infection.

ABOUT CLASSES/TIMES:

- We will be restricting the number of people to a maximum of six for each class (one teacher and maximum five students) to make social distancing safe for students and teachers. Marks on the floor indicate where mats have to be placed in order to comply with social distancing restrictions: 2 meters between students, while the teacher is at 2.50 meters from the closest students
- Face masks are not required however people are free to wear a mask if they want to do so
- Our yoga equipment is not available for the time being. Hirers and guests/students are required to bring their own yoga equipment such as mats, straps, blocks and any other props the session requires, plus a shoe bag and a bottle of water



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The Yoga Studio Close to You

- For 1-2-1 classes, three meters social distance is required between student and teacher
- Students are required to clean their place at the end of the class using disinfectant and cleaning equipment provided.
- There will be a 30 minutes interval between classes to give enough time for cleaning and to avoid congestion at the exit.
- Windows and doors can be open to allow good air circulation. In addition, there is an air conditioner that can be used as a fan to improve the ventilation if needed

STUDIO ENTRY:

- Only pre-booked students can enter the studio as drop-ins cannot be allowed for the time being. Teachers can reserve places for a maximum of five students for each class
- We encourage touchless payments and discourage cash payments
- We ask teachers to keep records of students attending classes, saving a file with date, time, full name, and contact details (telephone number and email address)
- No one can access the studio if they feel in any way unwell, or think they have been at risk of infection, or have been asked to quarantine
- Students need to arrive on time, rather than earlier, to avoid any form of assembly outside the gate. They will wait outside the gate until the teacher calls them in
- Everyone entering the studio is required to sanitize their hands. We have mounted an automatic hand gel dispenser outside the studio door.
- We ask students and teachers to arrive at the studio dressed ready for the class as the changing room is not available

DURING THE CLASS:

- The studio is set to host up to five students and a teacher (six people in total)
- The teacher is responsible to assign a place to every student as marked on the floor. That will be the student's position for the whole session
- The use of the kitchen and storeroom is not allowed for the time being.
- We ask everyone to take their shoes off at the door and keep socks on until they reach the assigned space. Shoe bags and coats have to be kept by the position assigned.
- The use of the toilet is limited to the teacher's use, where possible. **The teacher is responsible for sanitising toilet seat, toilet rim and the sink after use.** Paper towels and the antiviral spray are provided near the toilet
- The studio provides three sanitizing stations, one by the toilet door, while the other two sanitising stations are on both corners of the teacher's position. The three sanitising stations provide hand sanitizer dispenser / bottles and antiviral spray, plus paper towels



Zen Yoga Studio Camberwell

The Yoga Studio Close to You

- We ask students and teachers to sanitize their positions at the end of the class, using the cleaning equipment provided

GENERAL HYGIENE RULES:

- Wash your hands after using the toilet, before eating, and if you cough/sneeze into your hands (follow the [20-second hand-washing rule](#)). You can also use the sanitisers you'll find around the studio.
- Cough/sneeze into your sleeve, preferably into your elbow. If you use a tissue, discard it properly and clean/sanitize your hands immediately.
- Open the windows regularly to ensure open ventilation.
- Avoid touching your face, particularly eyes, nose, and mouth with your hands to prevent from getting infected.

POSSIBLE CONTRACTION OF COVID19

If, after attending the studio, you develop symptoms or feel that you may have contracted COVID 19, then please let the teacher know straight away. Teachers have records of their bookings so they can contact the other people attending the same class. You also need to contact the NHS TESTING AND TRACING (<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>) and wait for a negative result before attending the studio again.

Health and Safety of every person attending Zen Yoga studio is paramount for us. We will be checking news and updates from the Government and NHS in order to keep this Covid19 Policy up to date as best as possible.

We appreciate that this will be quite different from our previous casual style, but we are going to do our best to make the studio welcoming, friendly and safe for everyone.

We thank all of you for complying with the guidelines described in this Covid 19 policy.

Please stay safe and healthy.

London, 1st August 2020

Zen Yoga Team