

Swesh Studio Reopening Guidelines

In order for Swesh Studio to reopen we must take guidelines seriously. To comply with safety measures and to ease everyone's concerns, the following procedures will take place before, during and after each session!

• **If you or anyone whom you may have been in contact with shows signs or symptoms of COVID-19 please comply with government guidelines and do not attend any of the sessions you may have booked**

- It is down to the individual customer to take reasonable personal responsibility when taking part in physical activity
- Please arrive **5 minutes** before your class is due to start. If you arrive earlier than this, please wait outside so that the previous class can leave safely.
- Upon arrival, there will be hand gels at the bottom of the stairs. Please use these or your own before coming upstairs
- Posters will be on display informing everyone of **social distancing** and **hygiene protocols** throughout Swesh Studio
- If there is a COVID-19 case in the facility, we will follow the PHE Guidance 'COVID-19 – Cleaning in non-healthcare settings', while cleaning all areas of the Studio
- Each session will be **limited to 18** (including the instructor), to ensure the safety of everyone in attendance
- To attend a session, you **must be booked on** using our online booking system at www.sweshpt.co.uk
- When entering the matted area, you will be allocated a **workout zone**, this is your area for that session
- We will carry out regular cleaning of high-contact touch points throughout Swesh Studio. These touch points and equipment (including mats), will be cleaned **before and after use by the customer or staff using that area** using the anti-bac spray and cloths provided. This is in addition to the cleaning schedule
- Only equipment that is 2m apart will be used throughout all sessions
- Hand sanitisers will be on offer for use at the end of each session
- Social distancing guidelines must be followed (2m apart) during each session and when entering or leaving the premises
- There will be a minimum of a 15-minute window in between classes, so no 'waiting around' in groups. This also allows for any extra cleaning to be done
- When leaving the Studio, please ensure you have used hand gels before entering the stairs down and out of the building
- When it is safe to do so, we will return back to a normal timetable and regular numbers until then we have our COVID Timetable [HERE](#)