Thinking about Returning to Yoga Classes

Before returning to class there are many things you will want to consider & some which I need to highlight for you. I am still getting a handle on these responsibilities & communicating with various organisations & departments to ensure my knowledge base around this, so this is not a definitive document. I am taking guidance about my responsibilities from the government guidelines, my insurance company, the ICO (Information Commissioning Office who legally oversee the correct management & storage of data under the change in law in 2018 GDPR), the hall owners & my School of Yoga.

IT IS ALL ABOUT KEEPING YOU SAFE & MY MAINTAINING SAFE PRACTICE TO SUPPORT YOU MAITAINING SAFE PRACTICE

This falls into three categories:

1. Things you will need to consider or do.
2. Things I will need to consider or do.
3. What the hall organisations stipulate is there responsibility & practice & what they expect me to adhere to.

Things for you to consider or do:

* When the classes resume are you ready to return or do you want to delay?
* Do you fall into an at-risk category or does a member of your household?
* What precautions do you want to take to support your safe return to class? This might include having your own yoga equipment & correct sanitising solution for use before & after class to cleanse your mat/equipment, having hand sanitiser with you or handwashing in the toilets & thinking about how you safely process through the doors to the toilet &/or navigate others doing the same.

Things I will need to consider or do:

* I can confirm that I am fully insured & have checked that this includes the current threat of Covid-19.
* I aim to keep up to date with local viral outbreaks & any potential local changes in lockdown rules in order to be able to inform you of any changes to class schedules.
* I will need to amalgamate all the various guidelines & directions & work within them. As we do not yet have permission to resume classes the guidelines are not yet as clear as they will be. Expect an update from me before we resume classes.
* I anticipate inspecting the hall before each class & making a risk assessment of its condition. The timing of our class maybe affected by the need to sanitise the hall if a class has been in the hall directly before us or is coming in directly after us.
* It maybe necessary to ventilate the hall by having a window open at all times when in use.
* I will inform you of any changes which may include things like advance booking your attendance, when & how to enter the hall, whether to wear masks as you enter & leave class, safe spacing of mats, handwashing/sanitising before & after class.
* I believe I will not be allowed to bring any equipment. This means no blocks, straps or mats.
* I can not offer positioning help or hands-on guidance unless in full PPE (gloves, apron, mask & face shield). At this moment in time it is not my intention to wear full PPE in order to provide close contact/hands-on support.
* I will be asking everyone to sign-in on a different register that is specifically designed to support NHS Test & Trace. These records are required to be kept for 21 days & will then destroyed.
* I will be asking everyone who attends class to sign a form that confirms they have received guidelines & made their own, independent decision to attend having looked at their individual risks.
* I am sure you expect this of yourself, but I need to state that I expect anyone who exhibits symptoms of Covid-19 to avoid class for 14 days.

We probably all know that this virus is predominantly transmitted in aerosol form by the moisture of our breath, but a lower transmission source is from the virus being present on hard surfaces like doors/doorknobs, tables & chairs. I am currently awaiting information from the various hall organisations about what they hold as their responsibility around this & what will fall to me to clean & maintain.

Please do contact me at any stage to ask questions or for any other reason. My contact details as you know are:

07513817892

[yoga\_inspired\_life@yahoo.co.uk](mailto:yoga_inspired_life@yahoo.co.uk)

If you feel you want to look further into relevant information for yourself the following websites may be useful:

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidence-on-phased-return-of-sport-and-recreation/guidence-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

<https://ico.org.uk>