

# Covid-19 Precautions for Public Classes

Your safety is of utmost importance to us, so please ensure you have read and will follow the [Government guidelines \(click here for link\)](#).

The precautions that must be followed include, but are not limited to, the following:

- 1) Please stay away if you suspect you have any of the following symptoms:
  - a. A high temperature.
  - b. A new, continuous cough.
  - c. A loss of, or change to, your sense of smell or taste.
- 2) Please ensure you use the sanitisers (provided by HAC) upon entry and exit.
- 3) Write your details in the register for each class you attend (for 'Track and Trace' purposes).
- 4) Please bring your own mats and any other yoga equipment you need. Sadly, we will not be able to lend you any mats.
- 5) There may be some physical adjustments made by the teachers. If you do not wish to be adjusted then please let your teacher know.
- 6) Please wear a face mask at all times except during your actual yoga practice.
- 7) Please avoid congregating in enclosed spaces before or after class.

We reserve the right to amend or add to the list of precautions and guidelines at any time.