



Keeping you safe at Mytime 8 Point Plan

1. **Covid-19 Symptoms** - Please DO NOT come to the studio if you, or someone in your household have any of the following symptoms:-
 - Temperature above 37.8 degrees
 - A new persistent cough
 - A new loss of smell
2. **Hand Washing** – Clients will be directed to wash their hands and use the alcohol gel provided before entering the studio.
3. **Arriving** – Please arrive no more than a couple of minutes before your session. This will allow us to maintain social distancing in the changing room area and studio.
4. **PPE** – Teachers will be wearing masks and gloves during your sessions if requested.
5. **The Studio set up** – There will be 2 separate 1:1 studios; the main studio and the equipment studio upstairs.
6. **Cleaning** – We will be wiping down and cleaning all equipment and mats with anti viral products after each session.
7. **Facilities** – Please come dressed ready for your class rather than using the Changing room and please note that the toilet will be out of use to ensure cleanliness of areas used in the Studio.
8. **Water & Towel** – Please bring your own water bottle and towel.