

COVID-SAFE FAQ's

WHAT WE WILL BE DOING TO KEEP OUR STUDIO SAFE & HEALTHY:

- ❖ Enhanced cleaning at the Studio before and after every Class.
- ❖ If you have been to a hotspot, please do not attend class.
- ❖ If you are unwell, get tested immediately, self-isolate until you receive your result and do not attend class.
- ❖ You will be required to sanitise your hands when you arrive at the Studio
- ❖ Sign in the register on arrival or use the QR Code.
- ❖ If you would like to wear mask, please supply your own.
- ❖ Our teachers will be wearing masks and gloves during class
- ❖ Provide a physical distance of at least 1.5m between each client
- ❖ Hand sanitiser, paper towel, hand wash and wet wipes will be provided at the front desk of the Studio, in the kitchen and in the bathroom.
- ❖ We will not be supplying any refreshments or snacks; you are welcome to bring your own.
- ❖ If any of our teaches are unwell or show cold and flu-like symptoms, they will not come into the Studio.
- ❖ We will follow the up to date advise given by NSW Health.



WHAT YOU CAN DO TO KEEP OUR STUDIO SAFE & HEALTHY:

- ❖ Please stay at home if you have any cold and flu symptoms eg running nose, sore throat, cough etc.
- ❖ If you have been in contact with someone with a case of confirmed Covid-19 and you must self-isolate, and please contact Kerry on **0421 442 244** immediately.
- ❖ If you have a confirmed case of Covid-19, you must contact us immediately
- ❖ Wash your hands regularly and use the hand sanitiser provided in the studio before and during class.
- ❖ It would be preferred if you would wear a mask.
- ❖ Please keep your social distancing in the studio.
- ❖ If you would like to touch tiles, please put on a pair of disposable gloves.
- ❖ Please keep up to date with the Government's advice on stopping the spread of Covid-19, and know what to do if you have possible symptoms by going to www.nsw.gov.au

