

COVID 19 Protocol for all in-studio Pilates classes at Barefoot Pilates

Barefoot Pilates Studio have made changes to the way we run our Pilates Studio to offer you a safe environment in which to train.

We are so grateful for your ongoing support online and in the studio – we would not be here without you.

Please ensure when booking your class you please complete our Covid-19 screening questionnaire honestly

Please follow the following protocol at all times at Barefoot Pilates

Before Class

- All clients and instructors must ensure they are symptom free
- If a member of staff comes into contact with anyone with Covid-19 or develops symptoms they must follow self-isolation
- We suggest clinically vulnerable and shielding clients continue to attend our online classes on Zoom instead of coming to the studio for now
- Please arrive at the specified class time or just before to avoid congestion in the waiting area clients arriving early may be asked to wait outside
- Clients and instructors are expected to apply hand sanitiser on entering and leaving the studio
- Clients and instructors are expected to wear masks/face coverings while in the studio, if necessary you can remove once you are on your mat/reformer/exo chair NB *You may remove your mask/face covering once you are ready to exercise*
- Toilets will be available - feel free to use the cleaning wipes provided to disinfect all surfaces inside the toilet room before and after use, please use the bins to dispose of wipes
- Reformer clients and instructors are expected to wear gloves during the reformer session (disposable gloves will be provided)
- Clients and instructors are expected to wear socks while in the studio
- Clients and instructors are expected to maintain a minimum of 1m distance with others

- Clients and instructors are expected to clean equipment before and after using with the wipes provided
- There will be no manual adjustments during the class
- Where possible the windows and doors will be open to increase ventilation

After Class

- If you have removed your mask/face covering please put your mask on before leaving your class, masks must be worn at all times when moving around the studio
- Clean your equipment including any straps, ropes and hard wear thoroughly with the wipes provided after your class and dispose of the wipes in the bin provided outside the studio door
- Toilets will be available - feel free to use the cleaning wipes provided to disinfect all surfaces inside the toilet room before and after use, please use the bins to dispose of wipes
- Instructors will steam clean and sanitise all contact surfaces including toilets after class
- Instructors will wash their hands following NHS guidelines before and after each class

Toilets

- Hand sanitise your hands with alcohol gel before touching any surfaces or door handles
- Thoroughly wash your hands following the following the NHS guidelines
- Toilets will be checked and cleaned regularly