



## 2021 venue update

### VENUE CLASSES:

- We plan to re-commence some face to face classes in Summer 2021.
- Please contact us for class information.
- Clients will be required to bring their own equipment - mat, cushions, band, spikey balls and soft pilates ball

### Venue requirements in our 9-point Covid plan:-

1. All clients must complete a Covid 19 Supplementary Questionnaire electronically (CVSQ) – this is a requirement of Body Control Pilates. It will be emailed before class and must be returned before attending along with online payment. We have to record contact details for everyone who attends a class.
2. Please do not attend if you have any of the symptoms - a new continuous cough; high temperature; a loss of, or change to, your sense of smell or taste; other symptoms may include new and unexplained muscle aches and pains, fatigue/tiredness, diarrhoea, vomiting, abdominal pain, headache. Anyone who is unwell in any way should stay away from the class.
3. Clients will provide their own mat, head cushions, soft pilates ball and band. We will bring other equipment (and some spare mats) which will be washed after each class.
4. Hand sanitiser will be available for use as you arrive and leave.
5. On line bacs pre payment only – paid per class initially, venues may have different prices based on numbers allowed and room rental charges
6. Coloured marker disks will be used on the floor so you know where to place your mat to ensure everyone is at the required distance
7. The room will be well ventilated – so you may want to wear sufficient layers of clothing as the weather changes
8. Mask wearing is currently optional, though this may change
9. Please arrive and leave the building sensitively to maintain physical distance to the other clients

