

## SOCIAL DISTANCING POLICY



At Polercise we have implemented the below social distancing policy to stop the spread of Covid-19.

We require all students, instructors and other visitors to the studio to abide by the below guidance at all times. Failure to do so may result in removal from the studio with any future attendance suspended without a refund.

- Before attending the studio, please familiarise yourself with the new studio floorplan, and the new entrance and exit points
- Please remain in your vehicle until your instructor calls you into class – this will allow the previous class time to exit, and time for our team to clean the studio ready for you
- Any attendees to the studio are required to adhere to a minimum of 2 metres social distancing from anybody that they do not live with
- As you enter the studio, please make your way to a free piece of equipment and stand next to it
- Poles have been positioned over 2 metre apart. Please be aware of the space allocated to you and your equipment and stay within those boundaries.
- Do not cross into other student's equipment areas at any point during your class
- When you are not on your equipment try to ensure you are 2 metres away from the person next to you (mouth to mouth)
- Please only leave your equipment area to wash your hands, use the bin, go to the bathroom or if you need medical attention
- Please move around the studio following the one-way system (if in place) and arrows as marked on the studio floor
- The Student Storage Area will not be available to you at this time – please only bring into the studio with you what you will need for class
- Please ensure you have water with you as communal water facilities will not be available at this time

- Please ensure you bring your own grip with you as grip will no longer be available at the studio and we will not be allowing students to share grip between them