

In The Shadows Covid-19 Policy

10/07/2020

We will be re-opening the studio on Monday 27th July 2020. In order to open safely there will be several new procedures in place to keep our staff and customers safe.

Initially we will be operating with no equipment sharing. This will be reviewed at regular intervals. Equipment sharing will be reintroduced once we consider it safe to do so and with appropriate cleaning/safety measures in place.

Class duration will be reduced to 60 minutes. This is to allow time for cleaning between classes.

The changing and storage areas will be closed. This will be reviewed at regular intervals and they will be reopened once it is considered safe to do so.

If you need to isolate due to covid-19 we will allow make up classes so you don't lose out on your allowance. Please email us to discuss your individual circumstances.

We will regularly review our policies and risk assessments and update as necessary. Any changes will be communicated to members.

What we are doing to keep you safe:

Full deep cleans will be carried out regularly. At least weekly and at any other time as deemed necessary.

Cleaning of all equipment and common touch points will be carried out before and after every class.

Where possible doors will be left open to increase circulation of fresh air and to reduce the amount of touch points.

Hand sanitiser and hand washing facilities will be provided.

There will be marked out areas around each pole to facilitate social distancing along with relevant signage.

Spotting will be kept to a bare minimum. For pre-planned spotting the instructor will wear a face mask and sanitise hands. For emergency spotting this may not be possible and will only be carried out if the risk of injury is greater than the risk of covid.

Our instructors have all undergone covid best practice training.

We will be taking part in the government track and trace scheme.

What we expect from Students:

All classes must be prebooked in advance. No walk ins will be permitted. This is to ensure we have an accurate record of attendees.

Please arrive on time for your class. If you arrive early you may be required to wait in your car or in a socially distanced queue outside. This is to ensure that we have the time and space to carry out the cleaning effectively before class. If you arrive late you may not be permitted to take part.

No outdoor shoes to be worn on the laminate flooring. On arrival at the studio please remove your shoes and place them on the shoe rack provided.

Please wash or sanitise your hands on arrival at the studio and again prior to leaving.

Once in the studio pick a free pole and go to the marked out area. This will be your area for the duration of the class. Please remain in your area unless you need to use the toilet or have some kind of emergency or medical need.

On arrival you will be provided with a clean cloth and bottle of cleaning product. Please use these at the beginning and end of class (and as required throughout the class). If equipment sharing is reintroduced you will also be required to clean your pole before and after every use of the pole.

No food permitted in the studio.

No children permitted in the studio.

Please leave promptly at the end of class.

Please only bring with you what you will need. There will be no storage facilities for your stuff so only bring the bare minimum.

Please arrive dressed in appropriate clothing for class. There will be no changing facilities.

There is to be no sharing of grip products so please remember to bring your own.

The cups will not be available for use so please make sure you bring your own water bottle.

Social distancing must be adhered to at all times.

Please inform us of any allergies to cleaning products or PPE that may affect you.

Do not attend class if you or any member of your household is unwell or has covid symptoms.

Do not attend class if you or anyone in your house is shielding.

Inform us immediately if you or a member of your household show covid symptoms or test positive within 14 days of attending a class.