**Summary of Risk Assessment for Pilates in Wingerworth Church Centre, provided by Jill Langley, Community Pilates Tutor.** [www.communitypilatesandexercise@gmail.com](mailto:www.communitypilatesandexercise@gmail.com) **January 2022**

The Risk Assessment (RA) has been written to help keep us and our households as safe as possible in this ongoing COVID 19 Situation. Below is a summary of the Risk Assessment.

**NB. If you have symptoms please undertake a LFT test and gain a negative result** **before attending a class.**

**If positive or if you are already isolating, you MUST remain at home for as long as the current recommendations.**

**BEFORE CLASS**

* Pls wait in the lobby area until previous group has cleared the hall. I will let you into the hall 5 mins before class starts.
* Sanitise hands on arrival/when leaving/after using toilets. Church staff will clean door handles & surfaces regularly.
* I will be wearing a mask before/after the class, please could you do the same when moving around the building. (NB. You are not required to wear a mask during the exercise class.)
* Maintain social distance - 2 metres at all times, if possible & follow signage in the building/toilets.
* Personal belongings to be kept in a bag when not in use & placed at the sides of the room approx. 2m from others.
* Payment via bank transfer before the class. On the day payment (cheque/cash) can be brought to the class in an envelope, indicating name & amount and to be placed in box on the table in the hall.
* Information re. classes, (including Risk Assessment) to be shown on my website www.communitypilatesandexercise.org. Single use copies will be provided to be taken away by those without electronic access.
* Provide up to date name, home tel. no. & mobile phone no. to assist with the NHS Test & Trace, if required.
* If I don’t hear from you I’ll assume that you: a) have thought about your particular risk level - if you are over 70 or have underlying conditions or are living with someone who is at higher risk or still shielding; b) appreciate that we have taken steps to mitigate risk, but that it cannot be eliminated completely; c) have read & agree to these conditions.

**DURING CLASS**

* Place your mats as requested to comply with maximum distancing. Avoid touching other people/things.
* Do not wear a mask while exercising.
* Use only your own equipment - initially mat, block, small towel/cushion, strap/band.
* You will not be asked to work with a partner.
* Use your own water bottle at anytime if required.

**AFTER CLASS**

* Leave in a socially distanced fashion via the exits indicated, taking all your belongings with you & using hand sanitiser on the way out. Many thanks for your compliance. If you have any queries please don’t hesitate to contact me. Jill