

COVID-19 PROTOCOL FOR CLASS MEMBERS

Updated 24th September 2020

In order to keep the community safe and to comply with SA Health and Government guidelines, we have a number of changes to the running of our classes.

Our large group mat classes have returned to a face to face format with a maximum of 10 members in each class. These classes will return to a term fee structure, however we will credit your account if you are sick as we do not want you to attend if you are unwell. We have created additional online Pilates classes as well.

Our Functional Rehab, GLA:D and Step up classes have also returned with a maximum of 5 members in each class.

CHANGES WE HAVE MADE:

1. We have increased the number of classes available to accommodate for the smaller class sizes and increased cleaning requirements. Please refer to the class timetable for more information.
2. We have scheduled gaps between all classes to avoid the crossover of members and to allow extra time to clean and wipe down surfaces, rails, door handles, etc.
3. We will continue our standard text message reminder with the Covid19 warning to not attend if are feeling unwell, or have any symptoms of fever, cough, sore throat, shortness of breath.
4. Each member will be temperature tested before entering the class and this will be recorded with your attendance at the class.
5. Class physiotherapists will be regularly washing their hands (before and after the class and before and after touching any equipment or members).

CHANGES WE REQUEST OF OUR CLASS MEMBERS:

6. Everyone must bring their own mat, sweat towel, drink bottle, theraband, chi ball and weights (if needed) to each class.
7. All members are asked to wait outside the clinic for their class to start, while respecting the 1.5m social distancing rule. The class physiotherapist will let you know when the class is starting.
8. Everyone must apply hand sanitiser/wash hands before and after the class, as well as during the class if you cough, sneeze, etc.
9. In our gym spaces we have allocated stations for class members to do their exercise programs. All class members must remain in their station except when using large equipment such as reformers, treadmills, etc. All equipment used must remain in the station for the duration of the class and it is the member's personal responsibility to wipe down it down and return at the end of the class. Wipes will be provided.
10. For Functional Rehab/GLA:D classes, everyone will need to get their program out of the folder and tick off the exercises themselves. Pens and clipboards will be provided and need to stay in your allocated station for the duration of the class and cleaned at the end of the class.
11. Each class member is required to maintain 1.5m distance from other members during the class.
12. Masks and gloves will be available for all class members to use if desired. We now require that all Victorian class members wear face masks during the class.
13. Each class member must also wipe down any large equipment before and after use (i.e. bike, treadmill, reformer).
14. Socks must be worn on the reformers and shoes must be worn when using cardio equipment (bike, treadmill, etc).
15. For our large mat-based classes, mats must be a minimum of two metres apart.

By attending our classes, you agree to the requirements above.