



## **Returning to Children's Yoga Classes**

As of June 29th children's indoor and outdoor activities are allowed to resume as per the governments recommendations. Outlined below are guidelines Blue Skies are following to ensure safety of children and staff.

Within each class we aim to keep social distance where possible.

Class sizes are limited in size with a maximum of 10 allowed in each class.

Yoga mats and props will be sanitised prior too and after each session using disposable cleaning materials.

A sealed container will be used to hold such cleaning waste until it can be safely disposed of after class.

We have provided hand sanitisers at the entrance and ask all children sanitise their hands before and after their session.

Partner work will be limited. In the case we do partner work it will be limited to only one partner per class.

All classes must be booked online prior to class to ensure contact tracing.

Prior to the first class, a contact tracing form is required to be completed.

We ask that parents/guardians respect the safety of students and staff and request that your child not attend a Blue Skies yoga class if they:

- have a temperature and or,
- are feeling unwell and or,
- live in a house where someone is isolating due to Covid 19/coronavirus

We ask children to bring their own water bottle.

Where we have consecutive classes we are allowing thirty minutes in between classes to avoid cross over as much as possible. We ask you to be prompt on both arrival and departure.

We ask parents/guardians not to come in to the yoga room and to please wait outside.

The toilet will be open.

Document Control

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