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**\*\*\*\* MUST READ PRIOR TO ATTENDING ANY CLASS \*\*\*\***

**COVID-19 Health & Safety Protocols**

**For All Class Attendees**

***Please ensure you have familiarised yourself with these prior to attending a class, as you will be asked to confirm that you have read and understood these protocols, before entry to a class, in line with Government Guidance.***

*These health & safety protocols are there to keep us all safe; allowing us to enjoy our classes again whilst ensuring we all do our part to reduce the transmission of COVID-19).*

***COVID-19 Health & Safety Protocols: How you can keep yourself and others safe:***

* *Stay home if you’re unwell, or if anyone you have had contact with is displaying COVID-19 symptoms.*
* *Pre-book your class online (*[*www.thepeachdoctor.com*](http://www.thepeachdoctor.com/)*)*

*(Audley: Max 10 people per class, Chesterton: Max 24 people per class).*

* *All classes must be prepaid in advance to avoid the handling of money.*
* *Arrive no earlier than 5 minutes before your class and then please wait in your car, or on the car park (maintaining 2m social distancing rule) until you are called over.*
* *We kindly ask that, in-line with Government Guidelines for Group Exercise Classes, masks MUST please be worn upon your arrival to your class, when moving around the building and when leaving your class. Masks DO NOT need to be worn during the class (Essentially, whenever you are not in your individual workout space, please wear your mask).*
* *When entering the building you will be required to have your temperature checked and your booking details confirmed. You will also be required to supply your contact details in accordance with the NHS Track & Trace system. This will be stored securely for no more than 21 days, at which point it will be destroyed/deleted* ***(in line with GDPR legislation).***
* *Please come to class in your workout clothes and only bring into the class, what you need for the class: water bottle, hand sanitiser, car keys and any personal equipment required such as, yoga mats.*
* *‘Sweat towels’ are not currently allowed in any class. Blue roll will be provided instead.*
* *The building will have a one-way flow system: clearly labelled.*
* *Sanitise your hands before, during and after your class and clean any equipment / your individual workout space before and after your class.*
* *Your individual workout space will be clearly marked out. Please remain in this space for the duration of the class unless asked to by the instructor, or if you need to go to the toilet, please always remain at least 2m away from all other class participants and please use your mask when moving around the building. This will help us all to stay safe and still enjoy our classes.*
* *(At Audley) There is only one toilet, (At Chesterton) there are two: no queuing will be allowed by the toilet(s) (to ensure 2m rule is adhered to). Please wipe down all touch points (door handles, toilet flush handle, sinks and taps) after use. Wipes will be provided which must be disposed of in the bin ONLY, immediately after use. Please do not flush any wipes down the toilet for obvious reasons.*
* *When leaving the class, the instructor will guide you on how to safely exit the building (masks to be worn, rows will filter out, people by the Exit door will leave first, etc.). Once outside please refrain from congregating on the car park. Be considerate to other class participants who may be waiting for a class, by ensuring social distancing rules are adhered to at all times.*

*Hopefully, we will not need to have all these restrictions for much longer now Team.*

*Thank you all for your continuing patience & support in making our classes safe. We are so excited to be back Sweatin’ & Smilin’ with you all again! It has been a long wait, but I am so happy to finally get to say these words…****Welcome Back Team!***

****A picture containing letter

Description automatically generated***Peach Doctor HQ***