



## GENERAL VISITOR RULES

- **On Entry** please wash and sanitise your hands.
- **Temperatures** will be checked- if over **100.4°F (38°C)** you will not be able to join the class.
- **Track and trace** is being implemented (please ensure that you fill out the visitor log book)
- **Masks/face coverings** to be worn at all times while inside (except during class)
- Please **keep touching non-essential objects or walls/doors to a minimum**. Do not touch your face, eyes, nose or mouth.
- **Keep 1.5 meters (with mask) or 2 meters ( without mask) apart** from other users at all times - no matter who they are.

## CLASS RULES

- **Class sizes** are limited to **7 people** (including the instructor).
- Strict arrival times to avoid students from different classes interacting with each other
  - Instructors- 15min prior to class
  - Students- 5 to 10 min prior to class
- All apparatus (aerial points, poles and mats) are allocated at a distance of 1.5m away from each other.
- All apparatus can be cleaned with sanitising disinfectants. In the case where this is not possible (i.e. with silks), everyone has their own allocated silk that they use for class.
- Please stick to your given point and **one** piece of equipment.  
**No sharing of equipment.**
- We have **rosin, liquid chalk bottles and masks** for purchase
- **At** the end of your session or class, please wipe your mat down, and any equipment borrowed, hoops, trapeze, etc.