

TOWNSHEND HALL EXERCISE CLASS GUIDANCE

- Each exercise instructor must have their own insurance and risk assessments - the trustees should be shown these
- Exercise instructors advised to arrive at least half an hour before the class starts to ensure that the hall is set up to comply with the needs of your group
- All equipment to be brought by the group and none to be left in the hall, cleaning any equipment is the responsibility of the group instructor
- Front and back doors should be blocked open throughout the exercise session to allow ventilation - unfortunately the windows in the hall will not open.
- it is the responsibility of the instructor to organise the arrival and dismissal of each group allowing for social distancing at all times. Please make sure you are familiar with the car parking area and route into and out of the hall so that this can be managed successfully.
- Instructors should ensure that participants wear masks as they arrive at the hall and not remove these until they are within their allocated space in the hall and about to start the class. Masks must also be worn to leave the hall.
- If there are consecutive classes it is the responsibility of the instructor to book sufficient time to allow thorough cleaning between the groups.
- Participants should comply with all public health restrictions and avoid congregating in groups, in order to reduce the risk to their fellow participants. Instructors will allocate spaces clearly marked out on the hall floor to participants as they arrive.
- Participants should arrive changed and ready to begin the class
- Instructors should make participants aware of the increase in transmission risk associated with group activity and should ensure that all participants understand that they are opting to participate in group exercise class
- Instructors must make sure that participants are distanced at all times, there are markings on the floor to clearly show both 2m and 3m spaces. Classes must be planned to make sure that participants move only within their allocated space.

This policy has been drawn up to follow current government guidance and may need to change if government guidance changes. This could happen at short notice.

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