



WE ARE FIT ATTITUDE

POST-COVID MEMBER GUIDELINES FOR IN PERSON TRAINING

UPDATED AUGUST 2021

The following guidelines have been drawn up to minimise the risk of either contracting or spreading the Coronavirus (COVID-19) during Wafa classes at the Mitcham Lane Baptist Church Hall.

All members who book classes at the hall must take note of the following:

On booking your class:

1. You will only be able to book these classes 5 days in advance
2. At the time of booking, you must read the questions below and confirm that none of them apply to you:
 - **In the past 24 hours, have you experienced any of the following symptoms or signs?** Nasal congestion, fever ($\geq 38^{\circ}\text{C}$), shortness of breath, headache, unexplainable fatigue, pink eye (conjunctivitis), change in or loss of sense of taste or smell, any digestive symptoms (diarrhea, vomiting or abdominal pains)?
 - Have you been in close contact with anyone with a fever and/or shortness of breath?
 - Have you had COVID-19 and has it been diagnosed in the past 7 days (in a lab)?
 - Have you been in direct contact with anyone with respiratory illness or a confirmed or probable case of COVID-19?
 - Are you quarantined because you: - Have been in direct contact with someone diagnosed with COVID-19? - Have travelled outside of the country or have been in close contact with anyone who has travelled outside of the country, to a high-risk region, in the past 14 days?

Please cancel your booking if any of the above changes between booking the class and attending it.

Before you attend your class:

3. Sanitise your hands before you leave home.
4. Please bring your own mat – all other equipment will be provided.
5. Face coverings are optional but please bring a mask if you prefer to wear one getting to or from the hall.

On arrival at your class:

6. Please arrive 10 minutes before the start of your class.
7. On arrival, if there is a queue, please keep a distance from the person in front of you



8. Your temperature will be taken with a no contact thermometer before you enter. You will not be permitted to enter if you do not agree to this or if your temperature is over 38 degrees.
9. Please use the contactless hand sanitiser provided on arrival at the entrance to the hall.
10. Please follow your coach's instruction on where to leave your mat and belongings.
11. Make your way to your training station and wait there for your workout buddies. Three people will be allocated to each training station.

During your class:

12. Face masks are not required.
13. Follow the coach's instruction to cleaning instructions at the end of each circuit and before moving to the next station.
14. If you feel unwell or need assistance during the class, please raise your hand to alert your coach.

After your class:

15. No high fives or physical contact with other members. Of course you can do an air high five however.
16. Please do not congregate in close proximity either inside or outside the building after class.

GENERAL RULES

We respectfully ask that you:

- Do not attend classes if you or any member of your family/household tests positive for COVID-19
- Do not attend classes if you are unwell with non COVID-19 symptoms
- Do not come to classes for at least 7 days after feeling unwell, or 14 days after feeling unwell with COVID-19 symptoms.
- If you are returning from travel abroad, please follow the latest Government Guidance on self quarantining if this affects you.
- Please do not attend classes if you are considered vulnerable, at risk, or have been shielding.

KEEP YOURSELF INFORMED

For the latest Government Guidelines on what is allowed [click here](#).

For the latest information on travel advise and how this might affect you, [click here](#).