

SIMPLY SOULFUL YOGA & THERAPIES (V.24.02.22)

COVID-19 SECURE - HEALTH & SAFETY POLICY

At the heart of my values here at Simply Soulful Yoga & Therapies, lies a desire to create a welcoming, healing, restorative and safe space for you to come and escape the busyness of life. This is still 100% the case. The following guidelines are much reduced from previous versions. So, please ensure you read them thoroughly, for my safety, your safety and the safety of our community.

MY ACTIONS AND RESPONSIBILITIES

- The yoga studio and treatment room will be well ventilated before, after each class and treatment.
- Common touch points, surfaces and floors will be regularly cleaned and sanitized.
- Hand sanitiser will be provided in the entrance porch, yoga studio, treatment room and toilet.
- Health forms, consultations, and class registers will be utilised to support insurance requirements.
- Data will be kept in accordance with my Privacy Policy – <https://www.simplysoulful.co.uk/privacy-policy/>

YOUR ACTIONS AND RESPONSIBILITIES

- Please adhere to prevailing government guidelines and restrictions.
- If you feel unwell or suspect COVID symptoms, please get tested, stay at home if positive, and let me know with as much notice as possible.
- Yoga participants and therapy clients are asked to kindly complete a health questionnaire in advance. This is an important part of my insurance and helps me keep classes and treatments safe and appropriate.
- All bookings and electronic payments are to be received in advance via my secure website or BACS.
- Please use the hand sanitiser provided in the entrance porch, yoga studio, treatment room and toilet; or wash your hands thoroughly for a minimum of 20 seconds, before your class or treatment.
- If you would like to continue wearing a face mask in enclosed spaces, please do so.

ANY SUGGESTIONS? I would like to ensure that you feel your health and safety is catered for from the moment you book your yoga class or treatment, to the moment you leave the centre. If there is anything I can do in advance of your visit, please email donna@simplysoulful.co.uk - I look forward to seeing you very soon. Stay safe. Namaste, Donna x