



## CLASS PROCEDURE

### **Before Class**

- Please ensure that you have reserved a space in class as early as possible, preferably at least 24 hours before participation.
- Payments need to be made online ahead of class in order to reserve your space. Should you prefer to make payment another way then this is possible, you will just need to contact me to make those arrangements.
- You will need to complete a few documents before your first class in the studio, including a covid questionnaire, which will ensure that your instructor is aware of your medical history and can ensure that the class is suitable for you.
- You will need to arrive ready to participate, there will be no changing facilities available.
- Only bring the necessary personal belongings (e.g. keys, phone, water, non-slip socks)

### **Available to purchase at the studio**

- 500ml Bottled Water – 50p
- Disposable masks - 50p per mask.
- Reusable masks - £2 per mask.
- Purple Sweatbands (1 headband or 2 wristbands) - £1.50
- Boogie Bounce Non-Slip Socks - £3

Please note that we will no longer be able to provide the facility to refill your water, you will need to ensure that you bring these with you or purchase on arrival.

### **Upon Arrival**

- Please park as normal in the Car Park.
- You will not be able to access the studio until 10 minutes before your class start time. Should you arrive earlier, please remain in your vehicle in the car park or wait on the grass area at the edge of the car park until you are called into the building.
- The door will be opened 10 minutes before class and participants will be called forwards one at a time to enter the building.
- Your temperature will be taken at the door with a digital infrared thermometer, to ensure that you do not have a fever. Please note that if you have a fever you will not be permitted to enter.
- You will be required to wear a mask upon entry into the building and at any time that you leave your bounce station throughout your visit. Please ensure that you have one with you. They will be available to purchase when you arrive if not.
- Upon entry you will be required to sanitise your hands before heading into the studio.

## Entering the Studio

- Please always remain 2m from anyone that is not in your bubble throughout your visit to the studio.
- On entering the studio please follow the lines marked on the floor to a bouncer. The lines marked ensure that you are keeping the correct distance from everyone else in the room, so please ensure that you follow them whenever you are not on the bouncer.
- Once you arrive at your bounce station please remove your shoes and place them along with the rest of your belongings into the basket located at your bounce station.
- At this point you may remove your mask and place it somewhere that is easy to access.
- We must ask that you remain at your bounce station for the duration of your visit, with the only exception being to visit the toilet.
- Should you need to visit the toilet you must ensure to place your mask back on before leaving your bounce station. You will need to sanitise your hands before exiting the studio.

## Class procedure

- Each class will have no more than 9 participants (not including the instructor)
- Every class will begin with a short safety speech as a reminder of all the necessary details.
- There will be no strength and toning section in class, until such time as the social distancing rules are eased further.
- I will be wearing a headset microphone to ensure that I do not need to raise my voice over the music.
- Air cooling units will be in place in accordance with the latest safety advice.
- The fire exit and main doors will be open for ventilation purposes.
- An air purifier unit will also be in operation within the premises, along with Carbon Monoxide monitors.

## Equipment

- All bounce stations and personal belongings baskets will be set up, cleaned and sanitised prior to your arrival.
- At the end of class all stations will be cleaned and sanitised. You will not be required to assist with this or put equipment away, I will take full responsibility for this.

## Leaving Class

- At the end of class we ask that you put your mask back on before leaving your bounce station, remember to keep 2 meter distance and leave the building through the front door, sanitising your hands on the way out.
- Please take all personal belongings with you, including any empty water bottles or rubbish and dispose of them at home.
- Ensure that you wash and dry any items of clothing before attending your next class.