COVID 19 Standard Operating Procedure Updated 19/01/22

At Birdsong Yoga Physio, I have set out the following measures to minimize the transmission of COVID-19.

Participants:

* If any participants have signs or symptoms of COVID-19 ( new cough, fever or loss of taste or smell), please do not attend a class
* If any participants have been a close contact of someone with COVID-19 in the week before attending class, please follow the up-to-date guidance on [Self-Isolation and testing changes - gov.scot (www.gov.scot)](https://www.gov.scot/news/self-isolation-and-testing-changes/)
* You are invited to lateral flow test before each class

Equipment:

* Mats, chairs and props will be washed with antibacterial spray after each class.
* Mats, chairs and props will be allocated to each participant at the start of each class, and not be shared between participants.
* Plinth covering and pillow cases will be washed in the washing machine after each use.

Venues:

* Hand sanitiser will be available in each class
* Participants will be requested to wear a face covering (unless exempt) at the start and end of class
* A distance of at least 1m will be kept between participants during class

Yvonne:

* I will wear an-NHS grade face mask when moving around the room between participants.
* I will ask permission before giving hands on adjustments and sanitize my hands between adjusting different clients
* For 1:1 sessions that might involve more hands on, I will wear gloves, apron and facemask
* I will lateral flow test before each class and cancel if I have any symptoms of COVID-19