

# EXTON VILLAGE HALL COVID-19

I acknowledge the contagious nature of the Coronavirus/COVID-19 and uk government guidelines still recommend practising social distancing. I also acknowledge that Exton Village Hall has put in place measures to reduce the spread of the Coronavirus/COVID-19, as per this guidance. I further acknowledge that Exton Village Hall cannot guarantee that I will not become infected with the Coronavirus/COVID-19.

I voluntarily seek services provided by Rosie Milton Pilates Exton Village Hall and I acknowledge that I must comply with all set procedures to reduce the spread while attending my class.

## **I confirm that:**

1. I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
2. I agree to my name and contact details being made available for Track and Trace should it be required.
3. I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19 within the last 14 days.
4. I am following all uk government recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.
5. I undertake to let Rosie Milton know PRIOR to coming to class if the answer is NO to any of the above questions. I understand I will not be able to attend the class.
6. I understand that I have to come to my designated class only. There is no class catch system available.
7. I undertake to arrive dressed ready to exercise. I will bring into the hall my own mat, any Pilates equipment I need, my water bottle and my keys. I agree to sanitize my mat and all equipment before each class. My shoes and coat will be left in the small hall. I will not bring a bag into either hall. I agree to wear only socks on my feet into the main hall. I agree to leave promptly at the end of the class whilst maintaining social distancing.
8. I undertake to use the hand sanitiser, supplied, on entry and exit, to maintain social distancing with the aid of the floor markings and observe the one way route into the main hall.
9. Toilets are open but I request that use is minimized. Please let Rosie Milton know as she has to clean them after use.
10. I agree to be in my allocated grid space in the hall on time before the class starts

## **Print and sign your name so it can clearly be read (required for COVID track & trace):**

PRINT NAME: ..... SIGN NAME: .....

Dated .....