Covid19 safety guidelines.

These guidelines are here to keep yourself and others safe.

Please do not attend classes or booked one to one session if you have Covid19 symptoms, such as:

* A high temperature – this means you feel hot to touch on your chest or back (you don’t need to take your temperature).
* A new, continuous cough – this means coughing a lot more than an hour, or 3 or more coughing episodes within 24 hours (if you usually have a cough, it may be worse than average).
* A loss or change of smell and taste – this means that you’ve noticed you cannot taste or smell anything, or things taste or smell different to normal.

If you have any of these symptoms, get a PCR test to check if you have coronavirus, and stay at home until you get the results.

Taryne McPherson (Taryne McPherson PT) will offer small equipment during the class. You are welcome to purchase your own to bring to class. If clients use studio equipment, please ensure that you use the cleaning products provided before and after the class.

Please use the hand sanitiser provided before and after class.

Clients are welcome to wear a face mask throughout the class; participants who chose not to wear a face mask will not be judged, including those wearing masks.

It is advisable to bring your practice mats. Taryne McPherson PT will provide mats on a loan basis of £1.50 – Taryne McPherson PT will donate to a local charity recommended by the group.

Please respect the 1 metre distance. Current guidelines state that instructors can provide hands-on corrections – however, if you prefer Taryne not to approach you, please use the ‘I’m cool’ cards provided, placed in the front of your mat.

Stay safe, stay strong and enjoy your practices!

Taryne