

Spinesafe Pilates and Yoga
PRIVATE SESSIONS BEFORE AND AFTER COVID-19
WHAT'S CHANGED?

| Before | After COVID-19 lockdown | Reminder |
|--|---|----------|
| | | ✓ |
| All equipment provided | Clients to bring their own equipment wherever possible (e.g. mat, block and strap) cleaned. I can help if needed, please contact me. | ✓ |
| Personal belongings, no restrictions, water provided | Personal belongings should not be brought in, other than a personal water bottle and keys. | ✓ |
| Clients can change in room | Clients must arrive suitably clothed ready for a session, no changing facilities provided. | ✓ |
| No preference in payment method | Bank transfer* is the preferred payment method – remember to put your name/initials as a reference; cash/cheque transactions still accepted. * BACS: Halifax Bank Account, Name Mrs P J Wood, Sort Code 11-04-69, Account number 00177466 | ✓ |
| Clients assumed to be non-contagious | Clients now assumed to be contagious as virus can be asymptomatic and rapidly spread. | - |
| General health check on arrival | COVID-19 Screening form to be signed by clients on arrival including general health check. | - |
| A tailored session based on your needs | No change | - |
| Booking available via phone/email | No change | - |
| Fees – face to face £30 per hour or pro-rata | No change. No extra charges for COVID-19 protocols | - |
| No online private sessions | Zoom online sessions for 1 hour available as an alternative or to compliment face-to-face private sessions at a discount of 20% i.e., £24.00 per hour. | - |
| Manual adjustments allowed | Minimal manual adjustments, social distancing 2m applies. Social distancing does not apply to co-habitees and 'bubble' members who share a session. | - |
| No isolation procedures | Mandatory isolation procedures | - |
| No masks or face shields | Masks and/or face shields optional during exercise but not mandatory | - |
| No Track and trace | A register must be kept for at least 21 days. | - |
| Room and equipment kept clean | Increased frequency and intensity of cleaning of room and equipment | - |
| Room space managed for optimal safety & comfort | Same, additionally room space managed to comply with social distancing 2m | - |

* BACS: [Halifax Bank Account, Name Mrs P J Wood, Sort Code 11-04-69, Account number 00177466](#)