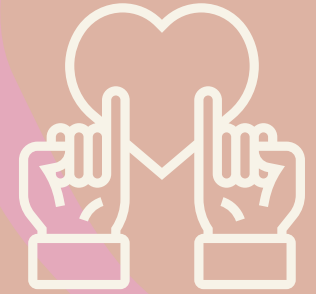


Covid-19 Policy

December 2021

Our Promise

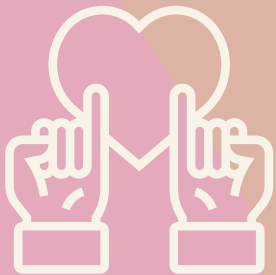


Winslade Manor Studio is committed to following the latest government and industry guidelines, ensuring processes are in place to **maintain cleanliness and social distancing**.

All measures will be kept under constant review and updated accordingly.

Our aim is always to;

- **protect the health and safety of all clients, staff & their respective families**
- **minimise any risk and spread of Covid-19**



Our Covid-19 Promise

Symptoms

Clients must not attend the studio if they or any family member/support bubble develops any Covid-19 symptoms, as listed below, or if they are required to self- isolate

- a new, continuous cough
- a high temperature
- a loss or change to your sense of smell or taste

All Winslade Manor Studio PT's will be following this guidance & will contact you directly if they need to isolate for any reason

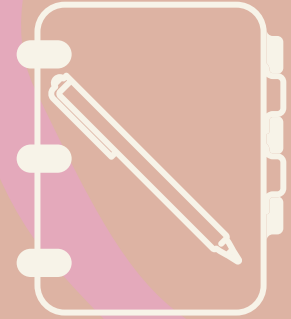


In the event of any symptoms please remain at home, stay safe and arrange a test as soon as possible

Please inform your PT if this occurs and do not return to the Studio until you test negative and/or have completed the required self-isolation steps

Our Covid-19 Promise

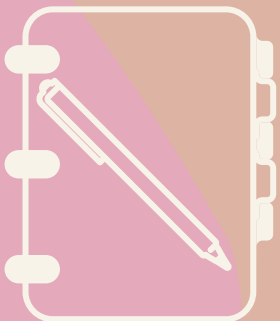
Track and Trace



To comply with government requirements for Track & Trace we will log all clients & visitors names and contact number alongside the date of visit, arrival and departure times

You can scan our Studio QR code upon arrival to aid with Track & Trace if you wish

All data will be held securely in line with GDPR legislation, for a maximum of 21 days



Hands.Face.Space

We will be operating with 2 metre distancing in place, or 1 metre + with risk mitigation of a face mask, snood or face shield when 2m is not viable



Face Covering Clarification;

- In the Studio & Outside Clients are not required to wear a face covering, but may do so if they wish

Our PT's will wear a face covering in the studio

- Lounge, Changing Room & Corridors Clients & PT's are required to wear a face covering unless stationary or seated



There will be clear **distance markings** throughout the studio to denote physical distancing measures

There will be no groups permitted in the studio or lounge area larger than 6, to comply with the **Rule of 6**

Our Covid-19 Promise

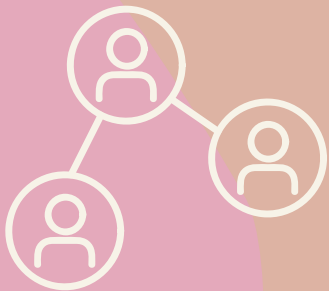
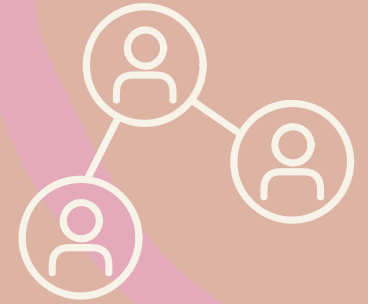
Flow of People

We are an appointment only studio, which permits us full control over numbers and occupancy

We are naturally socially distanced by design – our studio is centered around four individual training zones – your designated zone will be exclusively yours for the duration of your session

We are limiting occupancy in the studio to a maximum of 14 people at any one time, to ensure we comfortably meet the government's required space and operational ventilation capacity of 100 square foot per person

We have added sufficient time between each PT session to reduce any overlaps between arrival & departure of clients



Our Covid-19 Promise

Hygiene



We will request **hand washing** and/or **hand-sanitising** (we have hand sanitiser readily available for you to use) **before and after your session**

We are displaying posters and relevant **signage** to facilitate and remind of these important measures

We have placed **tissue boxes** in the studio to **encourage respiratory etiquette**, and **no-touch bins** for ease of safe disposal



We will use a **no-touch thermometer** to check your temperature prior to your session commencing

Your PT will ask you to **confirm verbally** that you have no symptoms upon arrival at the studio

Our Covid-19 Promise

Cleaning

We have rigorous cleaning and disinfecting procedures in place with professional cleaning, a documented cleaning schedule and additional regular cleaning throughout the day

We have implemented a minimum requirement of 15 minutes between sessions to ensure all equipment is thoroughly cleaned and disinfected ready for the next client



We have partnered with Proverb to supply their leading plant powered anti-bacterial gym sanitiser, and have a disinfectant spraying machine & regular disinfecting routine to maintain exceptional cleanliness

You are welcome to bring your own gym mat, weight gloves and resistance bands if you wish – we will ask you to please sanitise these with our Proverb spray upon arrival

Transactions



To minimise any paperwork or payment having to change hands in person, **all necessary paperwork and any transactions in the retail and refuel areas will be digital or app based**

Any items from the refuel area or retail section should be paid for via the **designated app**



All payment for sessions will be invoiced by your PT and can be **paid via BACS**

Our Covid-19 Promise

Thankyou

Thankyou from all of us at Winslade Manor Studio for following these guidelines.

We will get through this together and your continued support is appreciated with adhering to the measures set out.

If you have any questions, concerns or would like to discuss any of the points you are very welcome to get in touch with Jess or your PT – we are always happy to chat.

Stay safe!



The Team
studio@winslademanor.com
+44 (0)1392 640 644

