

Welcome back to HD&F, we are excited to see you all and have taken some steps to make sure that you our students are safe and that our instructors are safe.

Please read the below and understand and agree to these terms prior to attending any HD&F Class. I understand that live classes can only happen with a min of 6 paid students.

Upon registering I understand that I am agreeing to our terms set out below:

**What HD&F have done and will do!**

HD&F have worked hard on putting in a process to make you and our staff as safe as possible.

The space has now been deep cleaned and has also been fogged just to be safe. We will be deep cleaning the studio on a regular basis.

Social Distancing measures have been put into place. At the moment there will be no double classes and no reception.

Hand Sanitisers have been placed around and cleaning products will be made available.

All staff have completed a COVID 19 Health and safety certificate. All staff have updated their first aid and have had full training.

Pole and Aerial Hoop - – There will be no more than 12 in a class, strict cleaning guidelines and social distancing measures are put into place.

Silks & Hammock – Only 1 per equipment – Max 8 per class.

We will have 2 meter squares around each piece of equipment.

The instructor will spot you but only if this is a rescue spot, if you are unable to do a move a regression or alternative will be given to you. If spotting does occur the instructor will be wearing a mask. We will be working with track and trace system and so if anyone suspects they have COVID 19 you will be contacted.

**What we expect our student to do ?**

Book online, if you cannot attend you MUST cancel, anyone who no shows more than 4 times in a month will not be able to book a membership and will need to book PAYG

There will be no waiting room – you must arrive in time for your class, do not arrive early or late. If you do arrive early you will be asked to wait outside until the next class has finished and all members have left.

Please do not congregate before or after class.

You must sanitise your hands when you enter and when you leave.

NO food or children are allowed in the studio.

On arrival you will be asked to grab a fresh cloth and cleaning bottle. We will expect you to clean your poles before and after you use this.

Once you have finished your class you must place the cloth into the cleaning box.

Social distancing must be met at all times. Please respect this. Any person refusing to socially distance will be asked to leave.

NO hugging 😞

Please do not ask our instructors to not use a mask, if you are unhappy with spotting we recommend that you attend a session where spotting is not needed. It will be compulsory for our instructors to wear a mask whilst spotting – please do not put their jobs at risk...

If you or any of your household have symptoms you **MUST NOT** come to class.

If you or your household are ill after attending a session you **MUST** inform us.

If you are shielding please do not attend class.

We understand that this is very odd but we have to keep these in place to keep everyone safe. If you are not happy to follow these then please stick to online for now until we can open a little more.