

## HYGIENE POLICY



At Spin City Exeter we are continuing to follow the below hygiene policy to help stop the spread of Covid-19.

We would ask that all students and instructors abide by the below policy at all times. Failure to do so may result in removal from the studio with any future attendance suspended without a refund.

<b>PERSONAL HYGIENE</b>	<ul style="list-style-type: none"><li>✓ Wash hands with soap and water often for at least 20 seconds. This should be done as a minimum before arriving at and after leaving the studio, after going to the bathroom and after coughing or sneezing. Handwashing stations are available in all toilets</li><li>✓ Use hand sanitiser gel if soap and water are not available. This should be done as a minimum on entering and leaving Studio 2. Hand sanitiser is available outside the entrance to Studio 2</li><li>✓ Cover your mouth and nose with a tissue or your arm when you cough and sneeze</li></ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>✓ Only use the equipment you have been assigned to for the class</li><li>✓ Avoid touching any other equipment unnecessarily</li><li>✓ Only use the cleaning products provided for your piece of equipment. Your instructor will provide one cloth and one spray bottle per student at the start of the class. You will be required to clean the pole throughout the class and at the end. Cloths must be returned to the bag provided at the end of each class</li><li>✓ For ground-based classes please bring your own mat if requested</li><li>✓ Please ensure you have your own grip aid and do not share this with fellow students – communal grip will not be available</li></ul>
<b>COMMON AREAS</b>	<ul style="list-style-type: none"><li>✓ Common areas including toilet facilities will be cleaned and disinfected thoroughly before, during and after class</li></ul>
<b>WASTE</b>	<ul style="list-style-type: none"><li>✓ Please ensure all waste is disposed of safely in the bin</li></ul>
<b>STUDENT STORAGE</b>	<ul style="list-style-type: none"><li>✓ Please leave all non-essential items in your car, or your home – only bring to the studio exactly what you need for your class and ensure any belongings can fit into one closed bag</li><li>✓ Please leave all car keys etc.... with your shoes/outerwear in the designated area of Studio 2</li></ul>
<b>HYDRATION</b>	<ul style="list-style-type: none"><li>✓ Communal water facilities will be unavailable, please ensure you bring your own water bottle with you for class.</li></ul>