



Dear Clients

I can't wait to see you back in the studio! As you know, I've been busy putting lots of things in place to keep everyone safe, if you haven't already you can read about them here:

<https://www.thecorepilatesstudio.co.uk/reopening-info.html>

As part of my risk assessment (which can also be viewed at the above link) I am required to ask all clients to read and sign this letter. So please review the points below, make sure you are happy to adhere to them, sign and send it back to me at

steph@thecorepilatesstudio.co.uk

Thank you
Steph
X

Studio Client Obligations.

As a client of The Core Pilates Studio who will be attending classes in the studio, I understand and agree to the following statements:

- I will not attend a class if I feel unwell or if I am experiencing any COVID symptoms.
- I will not attend a class if I have been instructed to self isolate by the government track and trace scheme.
- I will bring my own equipment (mat, balls etc) where possible.
- I will arrive at each class dressed and ready to go, so as to avoid the excessive use of changing facilities and the need to bring additional clothing.
- After use, I will clean down any equipment that I do use, using the spray provided by CPS.
- I will wash and/or sanitize my hands both on entering and leaving the studio.
- I will practise good hygiene throughout the session.
- I understand that the toilet is unavailable unless absolutely necessary.
- I will enter and leave the studio as instructed, one person at a time.

Date.....

Signature.....