



Social Distancing Protocol

- **Please wait in your vehicle** to be called forward by the Instructor. If you walk in, wait in the car park.
- **Please keep a distance of 2 metres** (6ft. 6 inches) between you and other students at all times.
- **Follow directions from the Instructor** when taking up your place in the hall and when leaving at the end of the class.
- **Please do not bring bottles of water or other drinks into the hall.** There is a fifteen-minute class changeover period allowed during which time you will be able to have a drink in your car if you are staying on.
- **Please do not bring any equipment into the training room** unless previously instructed to do so (e.g. staff, sword, rolling pin).
- **Please have hand sanitiser with you at all times.** Sanitise before and after each session. Sanitiser is generally available in our halls but be self-sufficient.
- **During class, please keep to your allocated area.** Do not wander around or mingle freely with others.
- **Please do not congregate at the exit after class.** If you wish to chat to others, please make your way into the car park and do so there, whilst social distancing at all times. Remember, there may be another class coming in after you and you need to keep the access route clear.
- **Masks must be worn in all communal areas.** They do not need to be worn in the training hall itself where you will be 2 metres away from other people, but you may wish to wear one for your own peace of mind.
- **If you have Covid-19 symptoms*, do not come in.** Go home and self-isolate. (**persistent dry cough, temperature, altered sense of taste/smell.*)