

YOGA WITH KATE - CAWOOD

HEALTH & SAFETY

1. Yoga is a physical activity, and as such there is a potential risk to those taking part. Please ensure you take things at your own pace. Kate Hartley-Stevens cannot except liability for any injury sustained during a class or any other time whilst on the location. All participants attend Yoga with Kate at their own risk.
2. If you have an existing injury or medical condition that will affect your participation in the class it is important to inform Kate prior to the start of the class, so that she is able to offer alternatives throughout the class.
3. For injury prevention it is important that you arrive on time. This is to ensure you do not miss the warm-up. If you arrive late, please ensure you warm-up thoroughly before joining in with the rest of the class and go slowly to begin.

COVID-19

1. Face masks/shields are optional during the class.
2. Hand sanitising stations must be used upon entering and exiting, and where appropriate throughout class.
3. Yoga mats will be spaced in order to observe social distancing measures.
4. All yoga equipment will be wiped down at the start and end of each session.
5. In order to comply with social distancing guidelines, Kate will remain at the front of the class during the session and hands-on adjustments will not be given.
6. Please do not attend Yoga with Kate if you are presenting with any of the Covid-19 symptoms (fever, cough, change in sense of smell/taste - please check the NHS website for full list)
7. Please do not attend Yoga with Kate if you have been in contact with someone who has tested positive for Covid-19 in the last 14 days, or someone who is waiting for results of a Covid test.