

ChallengePaula

COVID Statement Updated July 2020

By attending a small group Pilates Class or Personal Training Session with ChallengePaula, I agree to adhere to the following guidelines.

The safety of participants, their families, our surrounding community and myself is paramount. This document has been created taking into consideration the guidelines set out by government and insurance providers in order that the event/s are as safe as possible for all that wish to attend.

Points to note/consider:

- If you or anyone in your family is unwell, or showing any symptoms of COVID, including a raised temperature, new continuous cough or loss or change to sense of taste or smell, then please do not come to a session and let myself know at your earliest convenience.
- If you or anyone in your family subsequently show symptoms of COVID within a 14day period of attending a session, please inform me ASAP to enable us to alert those you may have indirectly come into contact with as part of the Government's Track and Trace guidelines.
- Please follow guidelines for hand hygiene/washing, before and after your session. There are toilet facilities available on site for your convenience.
- Please bring your own mat to use for each class. As this is an outdoor setting and we are working on the natural ground, picnic blankets will be available for your convenience to use and will be cleaned after each class. It is up to you as an individual to decide if you wish to use them or bring your own.
- There is plenty of room for everyone, please ensure you keep within the current guidelines for distancing yourself from others.
- Please keep your belongings to a minimum and within your designated space.
- There will be no shared equipment in use. Should equipment be required for a session you will be advised in good time beforehand and given the choice of purchasing your own. Should you not wish to purchase your own equipment, ChallengePaula will give suitable modifications for your practice.
- Please carry a facemask, this isn't required for attending the class but may be required in the unlikely event of an emergency where I/others may have to get in close contact with you.
- Please feel free to bring your own water bottle to a session. This should not be shared with others outside of your bubble.
- ChallengePaula will use verbal cues and demonstration for activities and positioning, there will be no 'hands on' contact during this period.

By attending a class with ChallengePaula you are agreeing that your information may be passed on to the Governments Track and Trace Initiative if required.

Any individual who attends a session showing any of the symptoms of COVID will be asked to leave immediately and seek a test. No refunds will be made in this scenario.

Please be aware that that the subject matter covered in this document is by no means exhaustive and does not stand on its own nor is it intended to be relied upon as a substitute for obtaining specific legal advice - we are all individuals and each individual circumstance may differ. This information contained in this statement/guidance is given in good faith but any liability of ChallengePaula to you or any other person which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law.

ChallengePaula accepts no liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.