



KO Sport COVID-19 Guidelines

We are now operating at Peopleton Village hall on a Monday, Wednesday and Saturday morning and we can't wait to welcome you back.

The safety of us and you is really important, so things may seem a little different. Whilst they may look different we hope that your experience with us remains unchanged. Here's what we will be implementing:

To manage social distancing

- Entrance to the main hall will be as normal via reception, please use the hand sanitiser on the inside of the door.
- Exit will be via the fire exit doors in the main hall.
- Fire exit doors will be kept open, to help circulate the air, so please wear suitable clothing.
- Please ensure that there are 2 meters between you and the next person. Practically that will mean 3 people per row and 7 rows in total.
- 1 person at a time in the toilets.

Equipment usage

- Please bring your own workout mats (where applicable), we will be unable to provide any at this time.
- Currently we will not be using equipment within classes. We will be reviewing this again in October, once we're settled back in.

Cleaning

- The village hall is currently cleaning after every booking.
- KO Sport will not be adding to this schedule, but should you have any concerns then please raise them with us.
- Feel free to bring your own hand sanitizer with you.

Track and Trace

- We will be keeping a record of those attending, please ensure that we have correct contact details for you – email address, mobile phone number and full name. There will be forms to complete when you attend for the first time. *Please bring your own pen.*

We do not require you to wear face masks, but should you feel more comfortable, then feel free.

Please ensure none of the below applies to you before attending a KO Sport class

- No symptoms of COVID-19 including high temperature, a new continuous cough, a loss or change to your sense of smell or taste.
- If you present with any of the above symptoms, not to attend a physical KO Sport session within 14 days.
- No-one in your household is or has been displaying symptoms of COVID-19 in last 14 days.
- Not to attend if you are required to isolate or quarantine after returning from another country or being notified to do so via the track and trace system.