

Additional Covid -19 Rules. Updated Dec 2021

At Tiger Stripes Birth & Baby we are committed to doing all we can to ensure our classes are as safe as they can be. We have conducted a thorough COVID-19 Risk Assessment for each of our venues and completed an Infection Control Course.

We are adhering to government guidelines and will change our policy as necessary if guidelines change.

You must read and agree to our Covid 19 Specific terms & conditions as below:

I agree to comply with any and all new rules, regulations, terms, and conditions for participation in the Tiger Stripes Birth & Baby class or activity. Participation in a Tiger Stripes Birth & baby class or activity could increase the risk of contracting COVID-19. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by taking part in a Tiger Stripes Birth & baby class or activity. I UNDERSTAND AND VOLUNTARILY ACCEPT AND ASSUME ALL the foregoing risks related to COVID-19 and accept sole responsibility for any injury or illness that may occur.

I agree to follow the below rules:

- **Please do not attend the class if you have any coronavirus symptoms** including a high temperature, continuous cough, or loss of sense of taste or smell
- **Please do not attend the class if you live with anyone who is displaying coronavirus symptoms**
- **Please do not attend class if you have been contacted by track and trace and advised to self isolate**
- **Please do not attend class if you have been abroad to a country where you must self isolate on re entry to the UK within the last two weeks.**

- Please do not arrive earlier than 5 minutes before the start of your class. If you do arrive early you may need to wait outside the building.
- Please only bring essential items into class to limit the amount of outside objects which enter the building
- 'Mask to Mat/Chair' Policy. On entering the building, it is recommended that face coverings be worn by all adults who are able to do so whilst walking around the building and in corridors and communal areas. These may be removed only on arriving at your chair/mat. If you leave your mat/chair for any reason, please replace your face covering. For the Classic Antenatal Education Course – you are advised to wear your face covering for the duration of the class.
- If a one way system is in place -You must follow any one way system that is in place and enter the classroom one at a time maintaining social distancing
- You must sanitise your hands before entering the classroom. If you cough or sneeze at any point during the class please follow the 'catch it, bin it, kill it' procedure and sanitise your hands afterwards
- The toilet facilities can only be used by one person at a time
- The mats or chairs have been arranged so that a distance of 1+m can be maintained between participants or bubbles. Please do not move your mat or chair.
- Please keep a social distance from your class teacher and other class participants at all times

- In baby classes, the adult accompanying the child is responsible for ensuring that their child stays on their mat and maintains social distancing
- All equipment provided by Tiger Stripes Birth & baby is cleaned and quarantined between classes. Please do not share any equipment with anyone else during the class.
- For baby classes, one adult may attend with every child.
- Please leave the venue promptly to enable the teacher to clean between classes and to avoid mixing with the next class participants
- Please inform your teacher if you feel that there is anything more we can do to help to keep you safe

Please contact karen@tiger-stripes.co.uk if you have any concerns, questions, queries or suggestions.