

# COVID-19 SAFETY GUIDELINES



## COME & JOIN US

Pilates, Massage, Touch 4 health balance. Let's keep moving, restore resilience.

## BOOK EARLY

Small class numbers so places go quickly, 3-4 per class.



## STUDIO

Cleaned before re-opening and between each session.

## DISTANCING

1-2 meter distancing guidance in class and upon entry & exit.



## WASH OR SANITISE

Clean hands before or upon entry to the studio as on exiting.

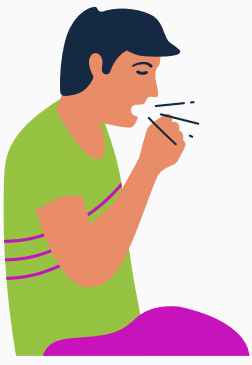
## BRING WATER

Bring your own water bottles, we have glasses if needed .



WHAT ARE YOU WAITING FOR?  
MOVE BETTER FEEL FREE

# COVID-19 SYMPTOMS & PROTOCOLS

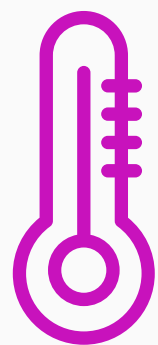


## COMMON SYMPTOMS

NEW persistent cough.

## TEMPERATURE

HIGH temperature or loss of taste or smell.



## COVID-19 CONTACT

Self isolation is required if you have symptoms after being in contact with someone with Covid.

## COVID-19 IN CLASS

You will be contacted if any class member has tested positive for Covid-19.

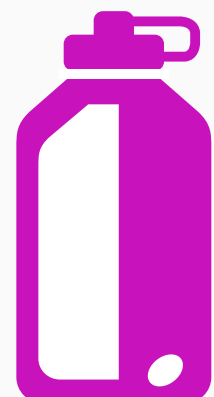


## IMMUNE SUPPORT

Vitamin D, C and Zinc help to support your immune system.

## MENTAL HEALTH

Socialising and movement are very important. Ask for help or check in with friends, family regularly.



BREATHE MOVE EAT SLEEP  
YOUR LIFE MATTERS