



Health and Safety Advice for Running Physical Classes June 2020

Lisa Duthiel, a Brixton Sangha member, advised us based upon her experience at the NHS. She also made the point that making the safety considerations we adopt clear to attendees would increase confidence and numbers.

The following points were raised and are listed to inform teachers and teams how we might choose to manage classes with respect to the Covid 19 virus, so we're not suggesting this is to be adopted in full or that nothing else should be considered – its a starter for 10. The detailed procedures we follow will probably emerge after the first few classes.

- Cleansing/kit:
 - o Sanitiser – it would be good to have a wall-mounted hand sanitiser by the entrance (hand towels not necessary)
 - o Masks – these may not be practical for teachers, perhaps just let people wear them if they want to but not ask them to
 - o Gloves – these are not considered helpful – better to wash hands
 - o Team to wash down the equipment we use - urn/tables/... before and after class.
 - o Team to wash hands with soap and water before handling any equipment/putting out tea and biscuits etc.
 - o Cushions and mats may hold the virus for up to 48 hours ... the closest we are likely to use them is a 48 hour period – so they should be safe
 - o Consider the frequency that the building is cleaned
- Distancing:
 - o The Main Hall can hold about 35 people with 1 metre spacing, and 12 with 2 metre spacing
 - o The Studio can hold about 8 people with 1 metre spacing and 5 with 2 metre spacing
 - o Teacher to be at least 2 metres from the first row of attendees (facing people increases the chance of transmission)

- o Consider placing a couple of 2 metre spacing markers outside the entrance
- o Consider using a booking system to limit numbers. Note, government guidance requires us to collect contact information for all who attend classes, so that they can undertake contact tracing in the event of a local outbreak. A booking system would provide this.
- o Social talking to be encouraged from the mats
- o Consider staggering classes to reduce numbers of people coming into the building
- Building
 - o A team member needs to manage main entrance and to ask people to use hand sanitiser and then go straight to the meditation room.
 - o A team member needs to manage flow into the meditation room and to ask people to put away their shoes/belonging and then go straight to their mat/cushion/chair
 - o Only use air conditioning if absolutely necessary, consider opening windows before class and during breaks to increase ventilation
 - o Consider putting up signs to remind people of distancing/sanitising hands and a sign outside the entrance not to attend if sick.
 - o Consider moving furniture in the reception area to allow more standing space
 - o Prop open the door between the toilets and the reception area to ease flow and reduce touchpoint on door handle
- Team
 - o All places to be set and spaced before the beginning of class
 - o A team member needs to manage entrance and to ask people to use hand sanitiser and then go straight to their mat/cushion/chair
 - o A team member needs to manage flow into the meditation room and to ask people to put away their shoes/belongings and then go straight to their mat/cushion/chair
 - o A team member may need to manage flow to the toilets before and after the class and during the break
 - o A team member needs to manage exiting the meditation room at the end of the class (distancing when collecting shoes/belongings and then leaving the room straight away
 - o A team member needs to manage exit from the main room and to ask people to use hand sanitiser and leave promptly

- Tea & biscuits

- o Use paper cups

- o Tea bags to be separated by team and placed in a Tupperware container. Consider having fewer varieties of tea available to speed up flow through tea area

- o Biscuits (limited number) to be put on plate and left— overs thrown away

- o All places to be set and spaced before the beginning of class

- o Team members to wash their hands before setting up tea and biscuits. Consider having disposable hand sanitiser at the tea area so that the team member handling paper cups can additionally sanitise hands at the start of the break

- Other

- o On website, advise people not to attend the class if they are sick.