

BODY VOICE CENTRE COVID safe CHECKLIST

As from 10th November 2020

Thanks for helping keep us all safe and COVID free

- If you have flu-like symptoms do not come in. Get tested and isolate until the result of your test comes through.
- Do not allow any participants who have flu-like symptoms to come into the studio. They should get tested and isolate.
- Sanitise your hands with our new contactless dispenser on the outside of the large studio door.
- Check your temperature. If it is 37.4°C or above go and get tested and isolate.
- Sign in at the door and ensure participants do. At the moment this is manual while we wait for a QR touchless system to become available. People should use their own pen if they have one. The government requires us to keep these lists for 14 days and if not needed by them we will shred them.
- Maintain social distancing of at least 1.5m.
- Keep your mask on unless it obstructs what you are doing. There should be a maximum of 5 people without masks on at any one time.
- If it's not raining, encourage more airflow by opening studio windows. Please close again at the end of your session.
- If you or anyone attending your session becomes COVID positive, you must let us know immediately.
- The kitchen is closed. Bring anything you need to eat and drink and take your everything away with you.
- We are no longer holding onto lost property. Anything left at the Centre will be discarded.
- Cleaning – see the COVID safe cleaning commitment sheet.