

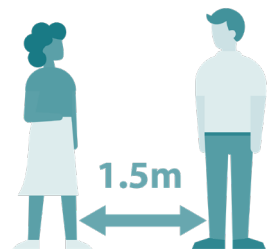
## COVID-19 SAFETY PLAN

We welcome you all back to our beautiful new studio space and want you to feel reassured that we are taking all the necessary precautions to ensure your wellness against COVID-19.

**In compliance with national and state public health orders, we require that you always adhere to the following protocols until further notice.**

As much as we would love to give you all a giant hug, we will be adhering to the social distancing and just know that you are so welcomed back and we are all very excited to see you and give your bodies some Pilates treats.

- Please do not enter the studio if you have been diagnosed as having COVID -19, had contact with any person with COVID 19 within the last 2 weeks, or are returning from overseas in the last 2 weeks.
- Please call and cancel your session if you are at all unwell.
- Children who are unwell are not permitted into the studio.
- When entering the studio, please wash your hands or use the sanitiser provided. We have 2 bathrooms for you to wash your hands and there will be sanitiser at studio entry, waiting area and 2 in the studio for your use.
- If you cough or sneeze, please do so into your arm – not your hand.
- A towel must always be used, you can hire a towel at a cost of \$5 or bring your own.
- Socks must be worn at all times. If you forget to bring them, they can be purchased from our studio for \$25.
- Please always maintain social distancing – 1.5m.
- Sessions will be 50 minutes to enable safe change over; please do not arrive more than 5 minutes early for your session.
- Instructors will be doing limited tactile (touch) cueing and will ensure they are very regular with the cleaning of their hands as per normal.
- All our equipment is constantly cleaned



We have a change room and 2 toilets for your convenience.

If you are doing your sessions with friends or family, please still adhere to the business practices to be COVID-SAFE. This will ensure all patrons feel very safe in our environment.

**Let us do this right so we can stay open and serve your bodies to wellness. Thank you very much!**

*Kimberley and the NRP team*