**Freckenham Weekly Activities guidelines**

1. Please check with your tutor before coming to a class for any specific guidelines. As they can only fit a certain number in the hall, according to their profession’s guidelines. Timing may have changed and some plan to do 2 sessions to cope with numbers and space allowance.
2. Payment of classes is as advised by your tutor. You must check your tutor has your current contact details which is required for track and trace.
3. Nobody must enter the building if they have any Covid19 signs/symptoms or awaiting Covid 19 test results. The small room is to be used as the Covid emergency space.
4. Please don’t arrive too early and note we now operate a one way system with the entrance now being via the side door. Follow the arrows!! Please wait in your car or outside in carpark adhering to social distancing till invited in.
5. Please wear a mask as you enter and walk through the building to exit or go to the toilet (taken off when exercising!).
6. Please sanitize on arrival and refrain from touching doors, light switches, walls etc
7. You will be guided to your allocated spot.
8. DO NOT bring coats, bags etc into the building. You have nowhere to put them! Only essentials eg: keys, mat, bottle, weights or other equipment for the class.
9. You must bring your own mat, weights (and other equipment if used), drink. There are no kitchen facilities available therefore ensure you FILL your bottle.
10. At the end of your session please leave the facility as instructed by your Tutor via the front door, sanitise hands & wearing your mask and respecting social distancing.

Finally..

Keeping to all the above guidelines will help towards a safe, secure return to our activities. If you need to have a chat with other participants please wait till you are outside, practice social distancing with no more than 6 and hope to see you back at Freckenham VH again soon!

WE LOOK FORWARD TO SEEING SOON!

Updated 18.09.2020