

Welcome to Complete Movement, we are excited to see you in the Studio. Please read these guidelines to make your Pilates practice a safe environment for all and minimise the risk of spreading Covid-19.

Pre Arrival

- Please arrive in Pilates kit (clothes and socks-must be worn).
- Please bring your own water bottle-already filled with water.
- Please bring a bag to put your belongings in (shoes/phone/keys etc).
- Please bring along a small towel or head block for your own personal use.
- See below re ventilation, so please bring extra clothes to keep warm.

On Arrival

- Please wait for your teacher to let you in to the studio and do not touch the door handle.
- Please arrive no more than 5 minutes before your class starts.
- Sanitise your hands upon arrival and departure.

In the Studio

- Your teacher will direct you to your equipment and direct you as to where your bag can go. We have plastic crates which are wiped out after each customer where you can store your belongings.
- Your teacher will direct you with our traffic system in the studio to entrance we are keeping social distancing.
- Your teacher will be wearing a mask/visor throughout the session. You are required to observe social distancing 2 meter rules and to wear a mask.
- If possible, use the toilet before leaving home, but the toilet is there to be used if needed. Wipes are provided for you to wipe down before and after use.
- In order to keep ventilation levels high, the windows may be open for longer periods of time, so you may wish to dress accordingly.
- For studio classes, you will be required to wipe down equipment before and after you use it.

When Leaving the studio

- At the end of class, collect your belonging and ready yourself to leave.
- Payments for classes will be taken at the time of booking, to allow for a swift exit from the studio after your session. Payments can be arranged by bank transfer or invoice/payment card link to pay directly online.

Cleaning and Test & Protect Procedures

- Between sessions, your teacher will disinfect all equipment, and thoroughly clean and disinfect the studio. A 20 minute slot has been added between clients to allow this to take place.
- The studio is required to keep details of attendees to support Scottish Government Test and Protect. This is simply your phone number stored in our usual booking system Please advise us immediately if your contact details change.

Thank you for helping us provide a safe and healthy environment. If you have any questions or concerns please do let us know.