



Leeds Aerial Arts Studio: Cleaning, handwashing and hygiene procedure

The risk assessments lay out what is required of the company all workers and visitors at the Leeds Aerial Arts Studio.

Cleaning:

All cleaning products are provided by the studio and have been labeled for their use.

Hard Surfaces

- Hard surfaces will be cleaned frequently using 'Barrettine Alcohol Sanitiser' The product will be applied directly to the surface and then applied to a microfibre cloth to ensure coverage of the whole area. If using this product please follow the instructions on the bottle.
- At the end of each day all surfaces will be cleaned with a 'Domestos Bleach Spray'. If using this product please wear rubber gloves and follow the instructions on the bottle.

'High Touch' Areas

- 'High touch' areas currently identified include: Door handles, reception desk, intercom, kitchen surface, cleaning station surface.
- These areas will be cleaned frequently (between instructor sessions) using 'Barrettine Alcohol Sanitiser.' The product will be applied directly to the surface and then applied to a microfibre cloth to ensure coverage of the whole area. If using this product please follow the instructions on the bottle.

Yoga Mats / Crash Mats

- Yoga mats and crash mats should be sanitised using 'Barrettine Alcohol Sanitiser' The product will be applied directly to the surface and then applied to a microfibre cloth to ensure coverage of the whole area. If using this product please follow the instructions on the bottle.
- Yoga mats should then be stored in the 'Equipment to Sanitise' section of the store cupboard for a deep clean at the end of the day.
- Dry cloths are provided for the crash mats, which can then be used again immediately. Crash mats will be given a deep clean at the end of each day.
- Instructor/ Client mats can be stored in the storeroom using a plastic bag and label.



Aerial Hoops

- Aerial Hoops will be sanitised with 'SurSol Fabric & Upholstery Disinfectant' between clients. The product will be applied directly to the equipment and then applied to a microfibre cloth to wipe all surfaces of the apparatus. If using this product please wear rubber gloves and follow the instructions on the bottle.
- This product dries in approximately 60 minutes when completely dry, the apparatus can be used again.
- The studio storeroom has been set out with an area for equipment to be sanitised and an area for sanitised equipment. Used equipment must be placed in the area for sanitising to prevent cross-contamination.
- Instructor/ Client equipment can be stored in the storeroom using a plastic bag and label.

Aerial Hammocks/ Fabrics

- Used Yoga hammocks and fabrics should be placed in the used equipment baskets to be machine washed after each use.
- Yoga handles can be machine washed or sanitised with 'SurSol Fabric & Upholstery Disinfectant', laid out and quarantined for 72 hours. If using this product please wear rubber gloves and follow the instructions on the bottle.
- Instructor/ Client hammocks can be stored in the storeroom.

Flooring

- Flooring will be cleaned at the end of each day using the marked specialist floor disinfectant.

Handwashing:

Hands must be washed upon arrival at the studio and before exiting the studio.

- Handsanitising stations are located in the Cross York Studios foyer, toilet area and Studio 2 Reception.
- Handwashing facilities are available in the toilet area and main studio.
- Disposable paper towels and bins are provided.

General advice on handwashing

How to wash your hands effectively:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Hands should be washed before and after:

- Preparing or handling food
- Eating

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Leeds Aerial Arts LTD

- Administering First Aid
- Visiting the bathroom
- Touching animals
- coughing/ sneezing/ blowing nose.



Hand sanitising gel should be used when hand washing facilities are not available, but not on visibly dirty hands. Rub in for 10-15 seconds and allow to dry naturally.

Hygiene:

All workers and visitors to the Leeds Aerial Arts studio are asked to maintain good personal hygiene.

Good respiratory hygiene measures should also be adhered to. I.e. The use of single-use tissues to cover the nose and mouth when sneezing, coughing or wiping and blowing the nose – used tissues should be disposed of promptly in the nearest waste bin.

All workers and visitors are encouraged to keep the hands away from the eyes, mouth and nose.

If there is suspected case of COVID-19 the following guidance can be used:

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Feedback and comments:

This plan will be updated as we received further Government guidance, and will remain published at [Leedsaerialarts.co.uk](https://leedsaerialarts.co.uk)

If you have any comments or queries please contact lorna@leedsaerialarts.co.uk