



Leeds Aerial Arts - Reopening Plan : Phase 1

(Proposed reopening date: 27th July 2020)

We hope that you are all well. It has been brilliant to see so many of you join us in our new online classes, we are glad that we have been able to keep you busy, but we are missing training in person at our Leeds studio with you all!

On behalf of the whole team I would like to take this opportunity to thank everyone who has supported our small business through this strange time by attending classes, or donating to our Just Giving campaign. We have received no breaks or discounts on any of our overheads, and so your support has been crucial to our survival so far.

For the protection of our staff, clients and business the following procedures must be adhered to - and will be scaled back at any point should we feel the need to do so.

Phased reopening

We know that not everyone may feel comfortable participating in non-essential activities yet, and we are happy to continue extending the dates on class credits purchased before lockdown (23rd March 2020) until that time comes. This will very much be a phased return, with our online class provision continuing for the foreseeable future.

At this point, we are working towards reopening for private lessons, small group lessons and open training. We are excited to offer aerial training again, but there will be some very obvious changes.

Here is our protocol for reducing the risks of COVID-19. These precautions are based on the guidelines on safe working published by Gov.uk, which [can be found here](#), specific guidance for [our industry](#), [cleaning guidelines](#) and consultation with fellow local businesses. We're grateful for your support and enthusiasm, and looking forward to working you hard - from a safe distance of course!

Any individuals with COVID-19 related symptoms will be prevented from entering the studio.
Do not leave home if you or anyone in your household has symptoms.

Re-introduction of classes at Leeds Aerial Arts

We will phase in a timetable of weekly classes, open training and private lessons at the studio, while maintaining a large amount of our online provision to support. Private lessons will be offered as 1-2-1 / 2-2-1 & 3-2-1.

Aerial Hoop & Sling Classes:

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- Limit to 4 clients per class. All rigging points are an appropriate distance apart to allow for social distancing in line with government advice.
- We will provide enough aerial equipment for each class so that no one has to share apparatus.
- Equipment will be thoroughly disinfected after each use.
- You are welcome to bring your own equipment and welcome to store it at the studio. Plastic bags and labels are provided to store your equipment.
- Communal rosin/ chalk will not be provided. Clients are welcome to bring their own. You are also welcome to wear weightlifting gloves to support your grip, and to protect sensitive skin from the equipment.
- Initially, all Aerial Hoop classes will be open to returning aerialists to allow all clients to rebuild strength and confidence in the air. Private lessons will be tailored to your ability.
- While every effort will be made to maintain social distancing, the instructor will use physical touch to assist clients in extreme circumstances to prevent injury if necessary.

Aerial Yoga Classes:

- 5 Clients per class (All rigging points have been measured and taped to adhere to 2m distancing)
- No shared equipment between classes. Hammocks will be washed between sessions, or quarantined for 72 hours.
- Those who have their own equipment will be welcome to bring their own and attach to our rigging points.
- Yoga mats will be sanitised before and after each use - Clients will be welcome to provide their own.
- Yoga blocks and eye bags will not be provided at this time. Clients will be welcome to provide their own.
- For our phased reopening we will not be using all three sets of aerial handles on the hammocks to prevent unnecessary washing - mindful of our environmental impact.
- Initially, all Aerial Yoga classes will be open to 'All Abilities' to allow all clients to rebuild strength and confidence in the air.
- While every effort will be made to maintain social distancing, the instructor will use physical touch to assist clients in extreme circumstances to prevent injury if necessary.

Continuing online:

Until further notice we will continue to offer live and pre-recorded classes online to support those training while shielding, those currently away from Leeds, and those who do not yet feel ready to rejoin a class at the studio.

Booking Classes:

All classes and private lessons **must** be booked through our website:

leedsaerialarts.co.uk/booking or in the MINDBODY App.

Clients will NOT be able to drop in to classes. ALL training must be booked online to ensure that we have a physical record of exactly who has been to the studio on each day, clients will be

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asked to acknowledge these new terms and conditions and sign a health declaration before participating in class.



No visitors will be permitted in the studio until further notice. We aim to have no more than 10 persons in the space at any one time in order to comply with government advice on air circulation.

If you are unable to attend a class that you've registered for, please notify us to cancel your registration ASAP - Registration can be cancelled under 'My Schedule' in your booking account. Cancellations will not be allowed within 12 hours. If you are unable to come to a class and do not request cancellation at least 12 hours in advance, you will be charged a credit for the class. If you need to cancel a class at the last minute for a medical reason, your credit will be returned if you provide documentation of your illness. Leeds Aerial Arts will maintain an active waitlist for any classes that are full, and notify students from the waitlist if a spot becomes open. Please do not come to the studio unless your place has been confirmed.

Class passes that expired as a result of our enforced closure can be extended upon request for an additional 12 months. Any passes purchased after our reopening date will have their expiry dates strictly enforced. It is not our aim to charge people who do not take classes. However, since class sizes need to be strictly limited, we need to maintain a more consistent policy on expiration dates to ensure financial viability of the studio.

Private parties, beginners lessons, and classes for children & young people:

Leeds Aerial Arts will not be offering private parties, classes for children & young people, or beginners Aerial Hoop lessons at this time. Beginners are welcome to attend any of our online sessions, mat based sessions, and Aerial Yoga classes.

Please note that we may have to decline some private lessons if we feel that the participants would need hands-on spotting in order to safely participate, or if the requested time for the lesson does not allow for adequate time to decontaminate the space and equipment.

We aim to implement these classes in phase 2.

Arriving at the Studio:

Any individuals with COVID-19 related symptoms will be prevented from entering the studio.

Facial Coverings:

Facial coverings will not be mandatory, please see the [government guidance](#) on this topic. We have a stock of disposable facial coverings at the studio available for use.

Hand washing and sanitising:

Handwashing and sanitising stations are available throughout the building. New sanitiser dispensers have been installed in the entrance corridor, handwashing facilities available in the

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communal toilets. Inside the studio 70% alcohol-based hand sanitizer will be available for use whenever needed or requested.



All instructors and aerial students will be required to wash their hands with soap and water or sanitiser upon entering the studio and before leaving. Disposable paper towels are available.

We have redesigned our waiting area to give clients more space and added crossover time between each class. We would ask that you try not to arrive to class more than 15 minutes before your class in order to avoid unnecessary crossovers. Clients are asked where possible to arrive ready for class and to travel home to change after class.

Taking part in class:

Warm-ups will be conducted with at least 2m of distance between those in the studio.

Revised teaching techniques:

- Instructors will use minimal hands-on spotting which may affect the types of skills that can safely be taught - While every effort will be made to maintain a 2m distance between client and instructor, we reserve the right to use hands-on spotting should you find yourself in difficulty and to prevent injury.
- Instructors will center their teaching on demonstration of skills, and verbal instruction and feedback. Lesson content and teaching techniques will be planned with this considered.
- Music will be played quietly to avoid the need for raised voices (which has an increased transmission risk through aerosol and droplet transmission)

Following your class:

Clients will be directed to disinfect their own area after use (yoga mat/ crashmat) using spray and cloths provided and place any used equipment in a designated area for cleaning.

All door handles, countertops and other common surfaces in the studio will be disinfected between classes.

We will maintain a log documenting the cleaning of all surfaces and equipment. Staff will be given a checklist of tasks to be completed before and after each class to ensure that all items on our risk assessment are addressed. The studio will remain stocked with appropriate disinfectants for all surfaces and equipment.

Track & Trace:

Leeds Aerial Arts Ltd will cooperate with the necessary health personnel and NHS Test and Trace scheme in the event that any individual who has participated in studio activities tests positive for COVID-19.

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)

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



Other documents:

- [COVID-19 Risk Assessment for Clients](#)
- [COVID-19 Risk Assessment for Staff](#)
- [Cleaning, Handwashing & Hygiene Procedure](#)