



COVID-19 Measures

Lewisham Tai Chi is committed to helping reduce the spread of Covid-19.

In order to protect each other, the following changes will be embedded into the delivery of the classes.

We will:

- Limited class sizes to <20 students + instructor.
- Screen students each week before attending the class for covid symptoms (dry cough, fever, loss of smell or taste).
- Postpone the class for two weeks, or look for alternative teaching cover, if the instructor shows symptoms.
- Keep a class register (name and contact details, dates of attendance) to enable track and trace if any students become ill after attending class.
- Only accept electronic bank transfers.
- Not charge students for missed classes who are isolating due to Covid symptoms.
- Admit attendees who have booked in advance and been properly screened.
- Hold classes at least 5m away from public pathways.
- Place 2m markers for students to keep a safe distance from each other during the sessions.
- Not use shared equipment in the class.
- Adapt the class syllabus to remove partner exercises and movements that involve travelling more than three paces in any one direction.
- Provide an alcohol handwash.
- Advise students to wear a facemask, although this will be optional.
- Intercept anyone who approaches the class without prior booking.

We ask students to:

- Book into sessions before attending and make electronic payments in advance.
- Provide name and contact details for the register and consent to these detailed being shared for Track and Trace, if required.
- Report, when asked, any symptoms (dry cough, fever, loss of smell or taste) to the instructor and not attend classes for two weeks if exhibiting symptoms.
- Come ready to train without changing, with the exception of your shoes (where reasonably possible).
- Not pass around food or drink for communal consumption.
- Maintain social distancing of 2 meters from other students during the sessions.
- Raise any questions about these guidelines in advance of the class.

These precautions will be taken during classes, and we kindly ask that anyone not willing to respect the guidelines re-joins the class once the pandemic has passed.

As things change, we will review this approach and amend accordingly to keep up to date with government advice and scientific findings.