



COVID-19 GUIDANCE FOR EXERCISE & TAI CHI CLASSES

This guidance has been issued in line with the English Government's COVID-19 guidelines.

The HEARTBEAT Trustees have agreed to change the guidance for HEARTBEAT classes from Tuesday 12 April, subject to the following HEARTBEAT Guidance which maximises safety and minimises risk.

The HEARTBEAT Guidance applies to all HEARTBEAT classes and aims to provide a framework which protects Members and allows Members to join HEARTBEAT classes once again for health reasons. However, some members may decide they do not wish to recommence classes at this time.

Although the Trustees have allowed HEARTBEAT classes to return to as near normal as possible, this decision will be reviewed if the Government sets new restrictions, e.g., in response to new outbreaks of the virus. Government guidance supersedes all advice given by the Trustees and must always be followed.

The Government has removed all their restrictions, but we must keep some.

Before Classes

- **It is preferred that Members have received all doses of the vaccine plus the Booster/s.**
 - **For the safety of other Members, if you have not been vaccinated, please advise the Duty Trustees so they can issue you with a badge.**
- All Members must read this document and only attend classes if they accept all that is contained in it. If you fail to follow this Guidance, for the safety of other members, you will be asked to leave.
- There will be plastic glasses available for drinking water and we will recommence selling water.
- All attendees have the choice to wear or not wear face coverings / face masks.
 - We strongly recommend you wear them when in close proximity of other Members
 - **It is your choice not to wear them and it is at your own risk**
 - We have disposable facemasks for sale at the door for 30p each.
 - We also have re-usable face shields for sale at £1.00
 - Please try and bring the correct change or a cheque for all payments.
 - We have contactless payment available at all classes, accepting most credit and debit cards
- **Please do not attend HEARTBEAT classes if you have recently been diagnosed with or show any COVID-19 symptoms.** Current **NHS Symptoms of Coronavirus (COVID-19) in adults can include:**
 - a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - a new, continuous cough – this means coughing a lot for more than an hour, more than 3 times in 24 hours.
 - a loss or change to your sense of smell or taste
 - shortness of breath
 - feeling tired or exhausted
 - an aching body
 - a headache
 - a sore throat
 - a blocked or runny nose
 - loss of appetite
 - diarrhoea
 - feeling sick or being sick

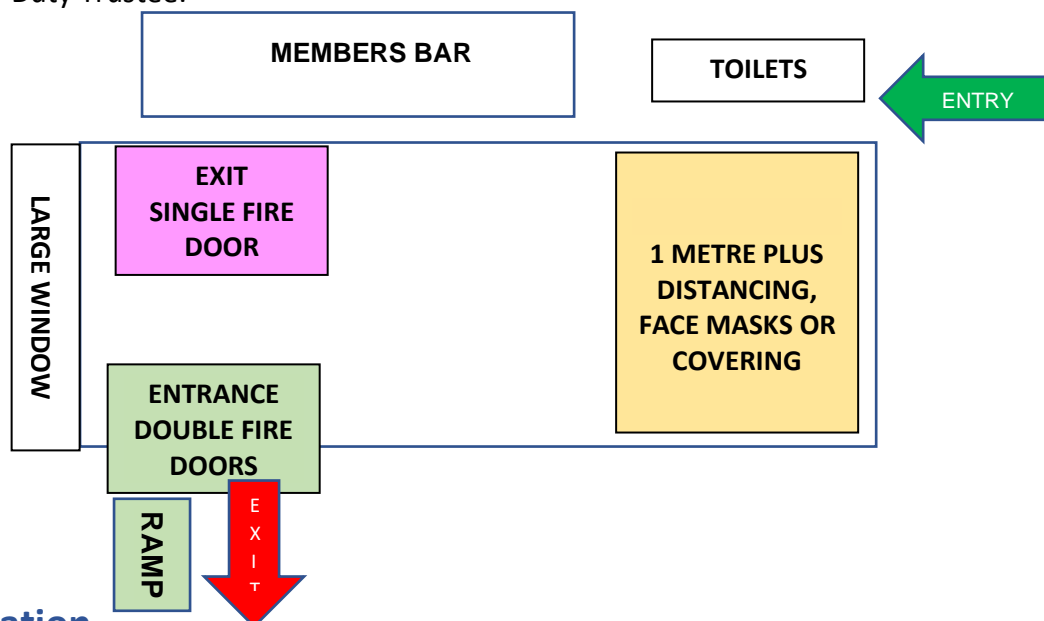
The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Pre-Booking Classes

- There is no requirement to prebook for any Exercise or Tai Chi classes

Entering and Exiting Classes

- Entrance for all classes is via the Main Doors and exit through the fire doors at the top of the ramp. You can wait in the Members Bar if it is not in use.
- There will be two Trustees on duty. One will be at the door where can purchase masks/ face shields.
- Please register yourself on the Class Sheets and pay your class fees at the table near the office door to the other Duty Trustee.



Ventilation

- The air conditioning will be switched on before classes start to increase / reduce the temperature to 20°C.
- The air conditioning will only be on during classes if the Trainer requests it to be on.
- If you experience breathing difficulties during classes, please make the Trainer / Trustees aware quickly, so they can assist you.

Equipment

- To reduce the risk of the spread of Covid all equipment wherever possible will be 2 metres apart.
- The bikes will be lined up against the big window ensuring airflow.
- Our weights will be available.
- Please sanitise your hands before using any equipment and use the wipes to clean down after use.

Class Times

Classes will be 55 minutes long.

- Tuesday 9:30 to 10:25 and 10:30 to 11:25 for Tai Chi and 11:30 to 12:25 for Exercise
- Wednesday 18:30 to 19:25 for Exercise
- Thursday 9:30 to 10:25, 10:30 to 11:25 and 11:30 to 12:25 Exercise
- The Thursday 11:30 class will have seated and normal exercise available for the present

During Classes

- **All attendees have the choice to wear or not wear face coverings / face masks at any time on entering the building. When not wearing masks / coverings please socially distance.**
- Use the hand sanitiser provided if you have to touch any surfaces in the building.
- You can bring your own drinks.
- Exercise equipment will be used during classes, you **must** use the hand sanitiser and Covid wipes for the equipment that are placed around the room for Members to use.

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