

## **Organised Outdoor Sport – Rule of Max 15 applies from the 12<sup>th</sup> April 2021 until further notice.**

As our 'Spaced Out' Outside Yoga classes are classed as organised sport and are formally organised by a qualified instructor (Anne) we are able to offer Outdoor Yoga classes for up to 15 people.

Further details can be found on [Coronavirus \(COVID-19\): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events)

As we are not a team or combat sport most of the guidance does not apply but we should adhere to the following:

1. Please bring your own mat wherever possible – Any other equipment/clothing etc should not be shared and any equipment provided will be sanitised before and after use.
2. Please practise your normal hand hygiene – Hand gel/wipes will be available for all sessions.
3. Can I ask that all participants register via the WhatsApp Spaced out Yoga Group – Your name is sufficient as your details are held by Anne on her database. This satisfies the track and trace requirements.
4. Finally, Please don't attend if you have any symptoms of Covid-19.

Many thanks and so looking forward to welcoming you all back to Spaced out Yoga.