

Cirque de Silk
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Covid-19 Waiver & Policy Form Cirque de Silk

All students who train with Cirque de Silk will be asked to digitally sign & agree to our new waiver form during the coronavirus outbreak. Each student will have to agree to this form before attending a class or private session. We have put these rules in place so we can then safely train together in the new studio space.

I acknowledge the contagious nature of Covid-19/Coronavirus, and our public health authorities still have social distances rules put in place. I further acknowledge that Cirque de Silk has put in preventative measures to reduce the spread of Covid-19/Coronavirus. I further acknowledge that Cirque de Silk can not guarantee that I will not become infected with Covid-19/Coronavirus. I understand the risk of being exposed to Covid-19/Coronavirus may result in actions, omissions, or negligence of myself or others, including but not limited to teachers, students and their families.

I understand that I must comply with all of Cirque de Silk's procedures whilst attending any sessions to reduce the spread of Covid-19/Coronavirus.

1. Please **DO NOT**, under any circumstances, come to class if you are feeling unwell or you have been advised to self-isolate following government or healthcare advice. **DO NOT** come to class if you or any of your household are symptomatic or have tested positive for COVID-19 in the past 14 days. (this is important as we really want to stop the spread so please be truthful) The main symptoms of coronavirus are: high temperature, new continuous cough, loss or change to your sense of smell or taste. If you have attended a class and have tested positive within 14 days of the class you must tell Cirque de Silk so they can track & trace which students and teachers were in your session to keep everyone safe and reduce the spread.

2. Wash your hands on before and after class. You will need to use the hand sanitiser station supplied before and after class.
3. Parents must drop children off at the studio space and return to collect them at the end of class. No parents will be allowed in the studio during classes.
4. Please make sure you have a 2metre gap when waiting for class on the stairs. Be respectful and kind to other students.
5. Masks are **NOT** mandatory. Although students are welcomed to wear masks if it makes them feel more comfortable in class.
6. If you sneeze, touch your face, or cough during the session you must wash your hands & hand sanitise again before getting back on the equipment.
7. Please use our anti-bacterial wipes to clean phones or water bottles when you come to class. Dispose of the dirty wipes in the bins provided and use hand sanitizer afterwards. Please do not bring any non essential items to class. Essential items include: Phone, Water Bottle, Keys, Purse & Medical requirements. Keep keys, purse and handbags out of use whilst attending class.
8. No eating in the studio space.
9. Students will have one piece of equipment to themselves during a session or shared with one other student (who will be in their aerial bubble). Younger children who are attending beginners classes will be sharing with 1 other child. We will do our best to put siblings & social bubbles on the same piece of equipment.
10. We will have a new set of silks put out each day which will be used by the classes for that day and then quarantined until the following week. Silks & hoops will be numbered and we will make records of what students are using what piece of equipment.
11. Hoops will be taped for the classes to help students stay safe in the air with less spotting. We will use dettol fabric spray between each class on the taped hoops to help stop cross contamination.

12. We will be encouraging self spotting techniques as much as possible in class. In your sign up form you will be asked whether you agree to being spotted during class. You will only be spotted in a class if both student/parent AND teacher are happy with the situation. If you would like the teacher to wear a mask when spotting please state it in your sign up form when agreeing to being spotted.
13. Teacher's will try to use their own equipment for the class sessions if we have enough rigging points free. In some classes a teacher might have to demonstrate on the students' equipment. If you are NOT happy with this please state in the sign up form.
14. There will be clearly marked spaces on the floor for students to train in when they're in a class. This will enable us to social distance from other students when in a class.
15. You may be asked to have your temperature on arrival this will be with a contactless infrared thermometer.
16. We will use the toilets on the first set of stairs. Please use sanitiser before and after going to the loo. There will be a code in the Studio which will gain you access to the toilets.
17. Adult students sanitise their mats after class and dispose of dirty cloths in the washing bag.
18. Anyone found to be in breach of the above code of conduct, or posing a risk to fellow students or instructors will be asked to leave class without a refund. We're doing our very best to make sure we can provide privates/classes in a safe environment for all, as well as make them fun & enjoyable for all of you. So please help us in making this possible by looking after yourself, your fellow students and your teachers.

Thank you for being so understanding during this difficult time, we can't wait to get you all back in the air!

Signed : Phoebe Hoyle, Cirque de Silk
Date: 10.09.2020