**ACRO CLASSES**

What to bring:

1. All students must attend the studio in your training kit or with it under your clothes, students will NOT be able to change clothes in the studio.
2. Students must only bring into the studio essential belongings eg. Water bottle, phone, keys etc. All other bags and belongings should be left in your cars. If you travel to the studio on foot please try to only bring a small bag with you.
3. Towels are NOT allowed to be brought into the studio, all cleaning must be done with disposable paper towels.
4. The studio is currently not supplying stretch block and bands. If you wish to use these please bring your own clearly labelled.
5. Students should bring a pair of soft shoes (slippers/flip-flops/pumps/sliders etc) that you can wear when walking across the studio or in the bathroom.
6. Students should bring a pair of grip socks with them and avoid being barefoot.
7. Current advice is that student and instructors are NOT required to wear masks during classes, however you are more than welcome to wear one if you choose to do so.

What will happen:

1. Students must wait in their cars or outside the studio until the instructor calls you in for your class.
2. Students must file in to the studio following the social distancing floor markings and remaining 2m apart.
3. All student must wash their hands in the bathroom thoroughly before the class begins and use the antibac gel provided.
4. Your instructor will allocate you a marked floor space to use for the duration of the class and a crash mat if necessary. You must use this space and mat ONLY for the duration of the class and remain 2m away from any other student or the instructor.
5. TUMBLING AND EXERCISES THAT INVOLVE STUDENTS HAVING TO TRAVEL ACROSS THE STUDIO AND USE THE SAME CRASH MAT/AIR TRACK/LANDING AREA ARE NOT PERMITTED AT PRESENT.
6. Your belongings should be placed against the wall next to your space and away from any other person’s belongings.
7. Your floor space and mat will have been cleaned by your instructor beforehand. However you must ALSO CLEAN YOUR FLOOR SPACE AND MAT before using it to ensure thoroughness. Each space will have an allocated bottle of antibacterial spray and paper towels to use. Students must NOT bring their own towels in to the studio.
8. When warming up, resting or cooling down you must stay within your marked area.
9. Instructors are unable to spot or assist students. Class plans will be adapted to suit the fact that instructors cannot spot or offer assistance to students with any high risk or unfamiliar moves not being included. Using equipment such as pole or the truss to assist with stretches is not permitted.
10. Students may use wall space to assist with stretches and balance moves but must remain 2m apart from other students and clean any wall areas they have used with antibac afterwards.
11. Students may use the bathroom during the session but must wash hands thoroughly before re-joining the class.
12. At the end of the class each person must clean their floor space and mat using the antibac provided.
13. Students should wash their hands again in the bathroom and use antibac gel before leaving.
14. Students should not remain in the studio after class for chatting etc. to enable the instructor to clean and prepare the studio for the next class.