**AERIAL SILKS 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. Each person must have their own grip aids clearly labelled. They should not be shared.
5. The studio is currently not supplying stretch block and bands. If you wish to use these please bring your own clearly labelled.
6. 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.
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 silk and a crash mat to use for the duration of the class. You must use these ONLY for the duration of the class and not share with any other student or the instructor.
5. Your belongings should be placed against the wall next to your equipment and away from any other person’s belongings.
6. The silks will have been machine washed before the class OR left for 72hrs to ensure the eradication of any bacteria or virus. PLEASE DO NOT SPRAY OR APPLY ANY ANTIBAC PRODUCTS TO THE SILKS AS THIS CAN DAMAGE THE FIBRES. Crash mats will have been cleaned with antibac by the instructor, However you must ALSO CLEAN YOUR MAT before using it to ensure thoroughness. Each mat will have an allocated bottle of antibacterial spray and paper towels to use. Students must NOT bring their own towels in to the studio.
7. When warming up, resting or cooling down you must stay within the marked area around your equipment.
8. Instructors are unable to spot students, this means that crash mats must be under the equipment during all activities except warm up/conditioning/spins. Class plans will be adapted to suit the fact that instructors cannot spot students with any high risk or unfamiliar moves not being included. Open fabric/cocoon/any content involving the silks being in contact with the face will be minimised.
9. Students may use the bathroom during the session but must wash hands thoroughly before re-joining the class.
10. At the end of the class each person must daisy chain and tie up their own silks and clean their mat using the antibac provided.
11. Students should wash their hands again in the bathroom and use antibac gel before leaving.
12. 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.