



**PROCEDURES FOR THE ALAN HERDMAN PILATES  
SEYMOUR STREET STUDIO**  
*from September 2020*

**PLEASE BRING WITH YOU**

- Face covering/mask
- Towel for under your head
- Carrier bag to store your outer clothes
- Cup or bottle if you would like water

**ARRIVAL**

- Please make sure that you are on time for your appointment
- Keep to the left on the staircase
- Use the sanitising station (gel, wipes, spray) inside the door in the studio
- We will take your temperature (only clients with a regular body temperature admitted)
- Remove your shoes and keep them with you
- Follow the one-way system to the unisex changing room (second door on left)  
**Only one person at a time in the changing room**, so please knock to ensure it is vacant before entering  
Put your shoes on the metal rack, and your outer clothes in the carrier bag that you have brought with you  
Please don't consume food or loiter in the changing room

**CLASSES**

- At the moment all Pilates classes are 1 hour long (the 4.2.1 classes for 90 minutes are being substituted with 2.2.1 for 1 hour), so a very limited number of clients will be admitted every hour
- The teachers will keep clients in their own assigned area  
During the workout clients **MUST** use a face mask at all times  
Clients should bring their own PPE, Alan Herdman Pilates is providing PPE for the team (face shield, masks, gloves)  
Teachers will sanitise every apparatus after use
- Please follow the one way system to get to and from the toilets and water cooler (please use your own cups or bottles for water)  
Inside the toilets clients will find sanitising gel, automatic soap dispenser. Small towels are provided to dry hands, they will then washed and sanitised on a high temperature wash and tumble dried
- When paying for classes, clients should use cards and not cash  
The card terminal is at a safe distance from the desk, please wipe the keyboard before and after the use, antibacterial serviettes are provided
- Please be considerate of other clients and the environment around you when at the studio