

## **Circa Classes Participant COVID Safe guidelines**

### **COVID Safe guidelines**

Please take the time to familiarise yourself with the following items and procedures. Principles therein have been created in alliance with Circa, Flipside Circus & Vulcana to ensure a community wide approach to keep Brisbane circus trainers, participants, artists and community safe. Circa Classes operate under the Ausdance QLD Dance and Physical Performing Arts Industry Covid Safe plan and also adheres to the principles in the Circa COVID Safe plan and other government guiding sources.

In stage 3 there will be strictly no sharing of aerial equipment. We have a rigorous cleaning procedure after each class and comprehensive safety protocols in place to ensure your safety.

### **Before your session**

- If you are unwell please do not come to class and inform us so we can allocate your space to someone else.
- Leave jewelry, valuables and all non-essential items at home, we are striving to minimise items in the space.
- Please arrive dressed and ready to train to minimise use of change rooms, bathrooms and communal areas.
- Thorough full body shower with soap at home before and after training.

### **When you arrive**

- To minimise numbers in our space we ask that we all participants are to wait outside the building before being guided inside by our trainers.
- Please no non-participants inside the building unless you are a parent or guardian.
- All participants will have their temperature checked with an infra-red forehead thermometer which requires no contact before entering the building. Anyone exhibiting a higher than the 37.4° temperature will be asked to return home immediately. Anyone presenting with a temperature, cold or flu symptoms or who is feeling unwell will be required leave and not return until either cleared by testing or having the symptoms clear for 72 hours.
- On your way into the studio you will be directed to sanitize your hands and shown where to place your belongings. As always, no shoes to be worn in the studio ('No shoes, only moves').

### **During class**

- If you touch your face, nose or mouth immediately sanitise hands
- Please cover nose and mouth with a tissue or bent elbow when coughing or sneezing, dispose of tissues immediately after use and wash hands or apply hand sanitiser
- Avoid unnecessary touching equipment or surfaces

### **After class**

- On your way out of the studio please sanitise your hands
- Do not leave personal items in the space, everything must be taken with you at the end of your class. Lost property to be discarded at the end of the day.