

Circa Classes

Participant COVID Safe guidelines

COVID Safe guidelines

Circa Classes operate under the Queensland Government's COVID Safe Checklist for Restricted Businesses. We have a rigorous cleaning procedure after each class and comprehensive safety protocols in place.

Please take the time to familiarise yourself with the Covid Safe procedures that Circa participants are required to follow:

Before your session

- If you are unwell, please do not come to class. Anyone presenting with 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.
- Leave jewelry, valuables and all non-essential items at home.
- 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

- Please ensure you sign in using the QR code provided.
- 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 persons entering the space will have their temperature checked with an infra-red forehead thermometer which requires no contact before entering.

Results of temperature testing are to be interpreted as follows:

- a) Temperature of 38C or greater is considered High
- b) Temperature of 37.5C or above is considered borderline
- c) Temperature of 37.4C or below is not considered elevated

Any person presenting with an elevated temperature should:

1. be sent home immediately to isolate or kept in an isolated area until they can be collected
2. contact a local doctor or call 13HEALTH (13 43 25 84) for further advice

Any person presenting with a borderline temperature should:

1. be checked for signs or symptoms of COVID-19
2. rest for 10 minutes in a segregated area then have their temperature rechecked
3. if the recorded temperature remains borderline, they should be considered as having an elevated temperature and follow the guidance above.

- 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 of 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 is discarded at the end of the day.