

## **COVID-19 Guidance for Steady Steps Plus Classes**

All participants must read, understand and agree to the following guidance prior to attending any session.

### **1. Booking**

Due to restricted capacity in our venues, you are now required to book onto our classes. You won't be able to just turn up like you did before. You can book a total of 4 sessions in advance, but please remember to cancel if you cannot attend to allow others to take your place. Please email or call Abbie Brewin on [abrewin@melton.gov.uk](mailto:abrewin@melton.gov.uk) and 01664 504289 to book your space.

### **2. Cost**

Sessions will cost £4 each from November 2020.

Please bring the exact money in a small envelope or money bag where possible, and place in the designated jar at the start of the session.

### **3. Symptom check prior to attendance**

**If you have coronavirus symptoms do not come to your exercise venue or class, stay at home. Contact NHS 111 either by phone or at [www.111.nhs.uk](http://www.111.nhs.uk) if you have:**

**A high temperature  
A new continuous cough  
A loss of smell or taste**

**NHS 111 will ask about your symptoms and tell you what to do.**

**Do not come to your class as this will put more people at risk. If you require more guidance please visit [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)**

### **4. Wash your hands immediately before and after each session**

Wash your hands with soap and water for at least 20 seconds before rinsing and drying them.

### **5. Travel safely**

Travel by car only with only people in your household or support bubble. If you travel by taxi or public transport, a face covering is required and windows should be open.

### **6. Face coverings**

It is a requirement to wear a face covering unless you have a medical condition that exempts you from this when entering Gloucester House and in all areas of the building apart from the main activity hall where the class takes place. It is not a requirement to wear one during the class but of course you can do if you would prefer.

### **7. Arriving at the Venue**

We advise you arrive at the venue no more than 5 minutes before your class is due to start to ensure there are less people congregating in communal areas. Please wait in your cars where possible.

## 8. Equipment and Facilities

Do not share resistance bands, water or other gear with other participants. Please bring resistance bands with you if you have them.

You may bring your own PPE including masks, gloves and sanitisers.

## 9. Social Distancing

Observe social distancing and one way systems as set out by the instructor.

If you arrive to a session early and are waiting for an instructor to arrive, ensure that you observe the government endorsed social distancing guidelines among other participants and facility users.

## 10. Symptoms following a session

Should you experience symptoms of COVID-19 following a session, you will need to isolate for 10+ days, and should try to get a test as soon as possible. You can book a test via [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus), or call 119

If you need to report a positive COVID-19 test or worry that you may have symptoms following a class, please contact the Steady Steps Coordinator at the earliest opportunity on:

**Abbie Brewin - Telephone Number: [01664 504289](tel:01664504289) Email Address: [abrewin@melton.gov.uk](mailto:abrewin@melton.gov.uk)**

If unavailable, please further contact Melton Borough Council's Sport & Health Team on:

**Telephone Number: 01664 502502 Email Address: [sportsandhealth@melton.gov.uk](mailto:sportsandhealth@melton.gov.uk)**

**Participant Declaration: I confirm that I have read and understood the above COVID-19 guidelines. I will complete a symptom check prior to attending any session and will abide by the safety procedures in place.**

**I also consent for my contact information to be used for Track and Trace purposes if required.**

**Sign:** .....

**Date:** .....

### Data Protection

Melton Borough Council complies with all relevant statutory obligations. Personal information is processed by Melton Borough Council and will be handled in accordance with the privacy statement, which can be accessed at

[http://www.melton.gov.uk/info/100004/my\\_council/1132/privacy\\_notices/23](http://www.melton.gov.uk/info/100004/my_council/1132/privacy_notices/23)