

# Covid-19 Guidelines



- 01** You must book before attending a session
- 02** Bring a full water bottle with you. Do not fill your water bottle at the Studio.
- 03** Respect the social distancing guidelines
- 04** Clean and sanitise your hands regularly
- 05** Disinfect equipment after use
- 06** Cough or sneeze into your bent elbow or a tissue. **NOT** your hands
- 07** Avoid touching your eyes, nose and mouth
- 08** Clean your gym clothing, water bottle and gym mat at the end of every session.
- 09** Arrive and leave promptly to avoid overcrowding
- 10** Stay at home if you feel unwell

*We are taking every step possible to keep StudioFit a safe environment to visit. The health and safety of our members and staff is our top priority. Thank you for your support.*