

## The Yoga School – Phase Two Guidelines

Issued on 25 June 2020

Updated as of 7 July 2020

### Stay home if unwell

1. Please let the Guest Relations Team know if you do not feel well and will not be attending a class; you will not be charged for the class if you have a certified Medical Certificate.
2. If your temperature exceeds 37.5 degrees Celsius, you will not be allowed to enter the OCBC Centre or The Yoga School's premises.

### Please book ahead

3. There will be a maximum of **five people per class**, excluding the teacher. The Yoga School will only accept online bookings via email ([breathe@yogaschool.asia](mailto:breathe@yogaschool.asia)), The Yoga School app and Mindbody. No walk-ins will be accepted.
4. If there are **fewer than two bookings** two hours before any class, the studio or online class will be cancelled. The Guest Relations Team will inform the affected guest and the teacher via email and text message at least two hours before the class. Guests are also encouraged to check their bookings on Mindbody.
5. For the 7:30am classes, bookings will close at 7:30pm the night before. If there is **only one booking** 12 hours before the class, the class will be cancelled and the Guest Relations team will inform the affected guest and the teacher via email and text message by **8pm the night before**.

### Late Cancellation

6. If you cancel two hours before any class, you will be charged the full amount of the class.
7. If you cancel less than 12 hours before a 7:30am class, you will be charged the full amount of the class.
8. This cancellation policy shall apply with effect from 1 July 2020 and shall supersede our previous cancellation policies.

### Entry and Exit

9. Please (i) use SafeEntry to check in and check out at The Yoga School and (ii) display your SafeEntry pass upon entering our premises. You will also need to complete our health and travel declaration form.
10. Please sanitise your hands upon entry and exit of The Yoga School's premises.
11. Please arrive no earlier than 10 minutes before class and leave no later than 5 minutes after your class. The Yoga School will be **closed to visitors** outside of these times.
12. Latecomers will not be allowed to join their respective classes. This policy will be strictly applied.
13. You are encouraged to download and activate the TraceTogether app.



### At The Yoga School

14. While in The Yoga School's premises (including all common spaces and shared facilities), please maintain a safe distance of at least **one metre** between yourself and others at all times.
15. Please wear a mask at all times unless you are engaging in exercise during a class.
16. The showers will be closed during Phase Two and only access to lockers will be permitted.
17. Please leave your personal belongings in our lockers and do not bring them into the studio with you. No phones or personal belongings can be brought into a class.
18. No food or beverages will be served or are to be consumed (except for water) on The Yoga School's premises. Please bring your own water bottle.

### During Class

19. Mats will be kept **two metres** apart. Please do not move the mats.
20. During a class, please maintain a safe distance of **two metres** between yourself and others at all times.
21. In the event that there is another group sharing the same studio, please (i) do not interact with any participants of the other group and (ii) maintain a safe distance of **three metres** between yourself and the participants of the other group.
22. Please bring your own towels or non-slip yoga mats.
23. For Pilates reformer classes, please bring your own clean socks and towels, or non-slip mats to place on the reformer bed.
24. Please wash your hands and use the provided hand sanitisers before and after a class.
25. After every class, please help us to wipe down any equipment (*e.g.*, the mat or reformer) that you have used with the disinfectant wipes provided.

