

INFORMATION FOR MEMBERS ABOUT CLASSES AT MDIY

What Are MDIY's Plans?

- We are going to resume as many classes as possible from the timetable for September
- We have adjusted some class times to minimise congestion in corridors – there will be plenty of time between classes for one class to leave before the next arrives
- We will be using Maslen Hall (maximum 17 students) and Booth Hall (10 students). Each room has spaces marked, giving students 2 metres between them

What Do I Need To Do Before Class?

- **PLEASE DO NOT COME TO CLASS IF YOU HAVE ANY SYMPTOMS OR FEEL UNWELL.** We have decided against any more intrusive measures, such as a health check before class or taking students' temperature, but this relies on our students and teachers to be honest if they are feeling unwell
- The teacher will email you before the class, to remind you of the rules we are asking you to follow during this period
- Face masks are optional, for students and teachers
- You must book, and pay, online in advance, on a week-by-week basis. Classes will be limited to the number of students who can safely be in the hall at the same time
- There are hand sanitisers stationed at various points for you to use, as well as the washbasins to wash your hands

What Do I Need To Do On Arrival?

- The teacher will ask for a volunteer to stand at the door and space out arriving students, to avoid queuing in the corridors
- Please arrive as ready for class as possible; remove shoes/outer clothing in the changing room/corridor and go into the hall as quickly as possible, so the next student can come in
- Please bring your own equipment, if you can – 1 mat, 4 blocks, 2 bricks, 1 belt
- If you do not have equipment, we can temporarily lend you a bundle of essential equipment, in return for a (refundable) deposit. You will have to take this home with you and bring it with you to class – not leave it at the centre. Please contact us in advance to arrange this
- You will not be able to use the centre's equipment, for the time being
- Maslen Hall has a one-way system in operation – into the hall through the equipment room, exit via the front (this is signposted)
- You will see that we have marked out spaces in the hall for you to place your mats. Please fill up the hall from the furthest point away from the door – this will mean students arriving after you, do not have to walk past you to find a spot
- We have created some spaces at the wall, for students who need this support – if you need this, please take one of these places

- Please keep your yoga bag/personal belongings within your “space” next to your mat

What Will Happen During Class?

- To ensure ventilation, the door to the hall will be left open and when possible (given weather conditions!) windows will be open. If you want windows to be closed/opened, please ask the teacher rather than do this yourself
- There are walkways marked to allow space to move around the room e.g. to go to the toilet
- If you use the toilet, please use the wipes provided to clean anything you have touched
- Teachers have been asked to teach from the stage, and to walk around the room as little as possible. They will ask the class beforehand if anyone objects to the teacher walking around
- There will be no physical adjustments, or physical contact of any kind

What Will Happen After Class?

- Unfortunately we are asking our members not to use the kitchen facilities (e.g. for drinks) or to stay in the centre to socialise or catch-up, for the time being; you should leave straight after class

I don't think it's safe to come back to classes yet

- We plan to teach more online classes from the centre – not the same as being there, but hopefully better than nothing!

What happens after September?

- We will look at the situation at that time, and make a decision about next steps