Welcome back to Up Yer Pole Essex Studio’s. We are excited to see you all and have taken some steps to make sure you, our other students and instructors are safe.

Please read below carefully, as it is important to understand and agree to these terms prior to attending class.

Upon registering I understand that I am agreeing to the following terms:-

**What Up Yer Pole Studio’s have done and will do!**

* The studio space has been deep cleaned and will continue to be deep cleaned on a regular basis.
* Social distancing has been put in place.
* Hand sanitiser is place on entry at the door aswell as inside the studio.
* There will be no more than 15 in a class and we have 2m between each piece of equipment.
* The instructors will spot you but only if this is a rescue spot. If you are unable to do a move an alternative will be given to you. If spotting does occur the instructor will be wearing a mask.
* We will be working with track and trace system. If you or anyone is suspected as having COVID-19 you will be contacted.

**What we expect our students to do?**

* Book online. If you cannot attend, please cancel with min 48 hours’ notice. If cancelling within 48hours class fees will be non-refundable/transferable.
* Advise prior to starting class of any medical conditions.
* There is no waiting room you must arrive in time for your class. Do not arrive early or late. If you do arrive early, you will be asked to wait outside. If you arrive late to class and we have finished our class warm up, you will not be able to partake in the class.
* Please do not congregate before or after class.
* Please scan the test and trace app before arrival. We will have posters outside studio door and be on our social media page if you want to do so prior to attending to save you time.
* Please sanitise your hands on entry and exit.
* No food, children or spectators allowed within the studio.
* On arrival you will be asked to grab a fresh cloth and cleaning bottle. We will expect you to clean your poles before and after you use them.
* Once you have finished class, please place them in the cleaning box on exit.
* Social distancing must be met at all times. Please respect this. Any person refusing to socially distance will be asked to leave.
* No hugging ☹️
* No class photos (with anyone in background). Due to the nature of some of our students’ professional jobs.
* Please do not ask our instructors not to wear a mask. If you are unhappy with spotting, we recommend you join a lower-level class. It will be compulsory for our instructors to wear a mask while spotting. Please do not put their jobs at risk.
* If you or any of your household have any symptoms, please do not attend class.
* If you or your household are ill after attending a class, please inform us immediately.
* If you are shielding, please do not attend class.

I understand this may seem very odd, but we must keep these rules in place for now to keep everyone safe. If you are not happy to follow these, please join us at a later date in the year when all restrictions have been lifted.

**Online disclaimer**

By signing up and booking for class I am agreeing to all of the above terms and conditions.

I agree to take full responsibility for all of my actions during pole class.

Any injuries or incidents occurred during the classes are in no way the fault or the responsibility of Up Yer Pole Studio or the instructor.

I understand it is my responsibility to take account any physical or mental impediments I have before I begin any pole class.

I have notified the instructor of any medical conditions that may affect me during the class.

I understand that accidents will be documented.