

Welcome Back!

Cloud's Temporary Measures Plan



Cloud has some new rules and procedures to help keep you safe when you return

Our top priority is to reduce the risk of coronavirus whilst giving students and teachers peace of mind in continuing their training

Classes

We've created an entirely new timetable for the time being.

Class sizes have been greatly reduced to ensure one person to a piece of equipment plus a demo piece for the teacher and equipment will be rigged as far apart as possible to ensure social distancing.

Some classes will run more frequently to make up for the reduction in class sizes and there will be more weekend classes.

Classes will run with fifteen minute breaks in between to ensure enough time for cleaning and hand washing, etc.

Acro, gymnastics and playground will not currently run.





Coffee & Cake Away

The café will be offering coffee and cake for take-out, but no other food for the time being

Coffee will be in takeaway cups (eco friendly of course!)

I know you guys like to hang out in the café if you've got a gap between lessons and we will still allow this as long as you don't all decide to sit in a big pile on the same sofa!

Absolutely no one will be permitted behind the counter to fill up water or wash hands, to keep this space contamination free. You will be able to get water from the water station or from the other sinks – there will be handwashing stations in Studio Bee and the Yoga Room upstairs too.



Self Training & Playground

Due to our new rule of one person to a piece of equipment we will not have any space in the evenings for self training.

Self training will be permitted during the day and on Sundays, but it must be booked the day before so that we can rig for you.

Self training will for one hour at a time and for one piece of equipment – we will not be able to rig multiple pieces of equipment for one person.

Playground on Saturdays will be replaced with classes, but self training will be allowed on Sunday afternoons if booked in advance

We cannot permit acro training as this breaches social distancing



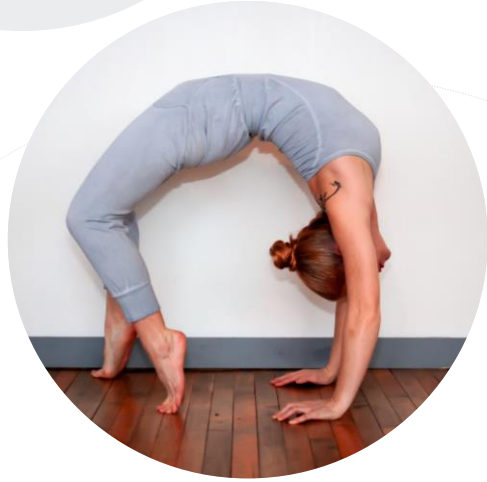
Cleaning – what is safe?

Whilst we will have a very strict cleaning regime, it is just not possible to effectively disinfect the fabric equipment in our studio – silks, ropes, hammocks and trapeze ropes.

We cannot use bleach on the fabrics and if we use strong cleaning sprays they cannot be wiped away and will result in wet fabric which is dangerous.

We have taken advice from fellow experts in the industry together with government advice and we have decided that the best thing to do is to wash hands before class and if we sneeze or cough during class. We will also rotate the equipment so that it will have several days out of rotation, in order for any virus to die. According to studies the virus can only live on fabrics for 24-48 hours and it is not thought that fabric transfer is a primary cause of infection*

*info from the CDC in America



NEW MEASURES – SOCIAL DISTANCING

Class sizes will be reduced so that fewer people are in the studio at once.

Each student will have their own piece of equipment in each class and will not swap or share equipment during class.

Teachers will demo on their own piece of equipment and will not touch student equipment. Teachers will not spot, so we will only teach things that you feel safe doing and we will have extra mats.

A fifteen minute break between classes will reduce crowding and queuing for lockers and toilets. Students will be asked to change in

the changing room or before they arrive to keep the toilets free

Students will warm up on the spot next to their equipment

A one-way system will be implemented in the studio to reduce crowding

Students will wait for class in designated spaces and will be directed to their class by teachers when the space is clear

Self training will be strictly booked in advance to ensure maximum numbers are monitored.

Acro and gymnastics are unfortunately cancelled for now



NEW MEASURES – CLASS ENTRY

Students will wait outside (weather permitting!) until they can attend reception.

Cloud's receptionist will greet you and check temperature with our new no touch infrared thermometer! If green, you will be asked to go and wash your hands immediately. If amber or red you will unfortunately not be able to attend class that day.

You can then go and place your things in the locker room and go through to your class. We ask that students, where possible, avoid bringing bags etc into Cloud to reduce queues and overcrowding in the locker room. If you can leave them at home or in your car that

will greatly reduce waiting times and crowding.

Class will begin and end with a quick cleaning session of mats, equipment (where possible) and any other bits.

The fifteen minutes in between each class will allow everyone to wash their hands and get to the locker rooms etc without being late for class.

A one way system will be implemented in the studio to reduce crowding and students will be asked to follow this where possible.



NEW MEASURES – CLEANING

The whole studio will be cleaned with strong cleaning products every day

High traffic surfaces will be cleaned hourly

Each student will be provided with their own cleaning equipment to clean their equipment at the beginning and end of every class

We will have handwashing stations in Studio Bee and in the Yoga Room as well as both toilets to reduce queuing

We have enough cleaning equipment so that students may clean

their equipment as frequently as they like with a new cloth each time (except fabrics and ropes, see page 6!)

Our teachers will wash their hands before rigging any piece of equipment and rigging will not be changed between classes.

Students and teachers will wash hands before every class and if they sneeze or cough during class

All water bottles left in the studio will be binned at the end of each day – please take them home with you!!



WE CAN'T
WAIT TO
SEE YOU!

THANK YOU

for all your continued support,
we couldn't do it without you!



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