

COVID SAFE PLAN

Infection Control at Spirit Earth Reiki | For service users

Specific for COVID-19 Brisbane, Queensland as of 25th August 2020

1. Yoga students must provide their own yoga mat, blankets and towel when practising. Yoga mats and blankets are not provided. Yoga teachers have been advised to no longer provide hands on assistance where possible, unless a student is at risk of severe injury at that time & intervention is required. Yoga teachers are advised to wash their hands before and after their class.
2. We have removed the following from the studio to reduce risk of transmission: hand towels in the bathroom, glassware/tea cups, communal books or oracle decks.
3. These have been replaced with: single use paper towels, napkins & tissues, complimentary water bottles/paper cups.
4. Aside from the professional clean of the studio every Wednesday, surfaces which are in regular contact with people's hands are advised to be cleaned at the start, middle and end of practitioners shift as well as anytime after contact.
5. We have adjusted our practices to adhere as best possible to current guidelines of 1 person per 4 square metres inside a venue, which equates to 13 people maximum in the studio at one time. This has been done by reducing the number of people allowed within the studio at once and transitioning larger groups to online platforms.

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6. All practitioners and teachers have been provided additional standards regarding hand washing (located in the studio folder) & hygiene practices within the studio for group/private/general use.

 7. All practitioners & teachers have been advised to keep a record of digital contact details for any client, student or group attendee they come into contact with including the time of their arrival.

 8. All visitors in the student are asked to use the hand sanitiser upon entry.