



## DANCE & FITNESS WITH TAMARA PITTS CLASS RULES

### LET'S BE COVID SAFE TOGETHER

By following a few simple guidelines and the covid safe plan we can ensure that classes are a safe and happy place for us all.

### CONTACT INFORMATION & TRACING

- It is encouraged that you download the Governments COVIDSafe App
- Sign in will be required at every class
- You will need to provide up to date contact information
- You will need to complete a COVID questionnaire

### STOP THE SPREAD

- Protect others and stay at home if you're feeling unwell for any reason
- If you're experiencing cold or flu-like symptoms speak to your doctor about getting tested
- You must notify me if you or anyone close to you tests positive to COVID-19 so that I can inform the QLD government

### GENERAL GOOD HYGIENE

- Cough or sneeze into your arm, use a tissue, bin the tissue, wash your hands if required
- Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs
- Avoid touching your face
- Limit touching of surfaces
- Do not share water bottles or personal equipment
- Use alcohol based anti-bacterial gel before, during and after class

### KEEP YOUR DISTANCE

- Help stop the spread of coronavirus by keeping your distance
  - Remember, don't shake hands or exchange physical greetings
  - Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places
  - During class you will need to remain within a 2m or 4m space and avoid touching others
- During this time of restrictions no spectators will be allowed into any class
- During this time of restrictions no Children under the age of 10 will not be allowed into class.
  - Children aged 10-14 years must be supervised and must participate in classes (no running around etc)

### CLASSES - GET IN, DANCE, GET OUT

I know that classes can be a social time where we like to chat but while restrictions are in place, we all need to adopt a Get In, Dance, Get Out method. This will ensure that we are limiting time and person to person contact to class times only.

- No need to pre-book for face to face classes
- Please arrive 10-15 minutes before class time
- Where possible please arrive dressed & ready for class
  - Must wear shoes
- Contactless payment will be encouraged with tap & go facilities available for Debit or Credit Card.
  - You can also prepay online
  - Cash will still be accepted
- Please maintain a 1.5 metre distance if needing to line up or before class commences or talking to others
- When participating in class remain in your space and avoid touching others
- Remember there are no designated or saved spots in classes so be sure to stand where there is ample space available to abide by restrictions
- Only 3 people in the bathroom amenities at any time
- Once class finishes please do not stop to chat, we will all head home promptly after class ends

## EQUIPMENT

- VeraFlow & Strong - Please BYO yoga mat to class - school mats will not be allowed to be used at this time
- Please ensure to bring all of your own equipment - water bottles & towels etc, do not share equipment with others

## BE A ROCKSTAR

Always remember to be a ROCKSTAR.

- **Respect** - A diva may sing about it, but a diva attitude won't get it. Treat every fellow class attendee and instructor with respect at all times.
- **Openness** - We're throwing a nonstop dance fitness-party, and everyone is invited! Please do not discriminate against anyone based on differences such as race, fitness level, gender, age, disability, religion, beliefs, political opinion, looks, fashion sense or dance abilities. Everyone is welcome to join classes.
- **Compliance** - Be compliant with the restrictions in place regarding COVID-19 they are there for your protection and others.
- **Kindness** - Treat everyone with kindness at all times. There is room for everyone to shake it. Say hello, give compliments and curb gossip. What you give out will return to you, so send out good positive vibes!
- **Support** - Never underestimate the power of spandex. Also, support your fellow attendees, instructor and guest instructors, you might just make someone's day. Be welcoming, positive, share advice, tips and ideas. Inspire and assist each other.
- **Talkative** - Talk to others, talk to me you can even talk to yourself if you wish, don't be shy, make friends. Make noise during class, I always encourage a good whoop whoop, ole', hey or shout for joy when the moment moves you. Also never be afraid to ask questions or provide me with feedback or suggestions, always happy to receive ideas.
- **Active** - Be active and join the facebook group, help share class information to others. If asked to dance on stage don't say no, just get up and shake your booty!
- **Ready** - Be ready to rock it out, let go of your inhibitions and dance like no one is watching! Each class is a new opportunity to feel the music, dance and be free, so are you READY? I know I am!

If you have any questions, please do not hesitate to ask

All the best

Tamara Pitts