



Aqua Mummies – Covid-19 Guidelines

(June 2020)

Ensuring our Clients' Safety and Well-Being

General Changes

- ✓ Following the Ministry of Health recommendations, we will be limiting the number of attendees per class:
 - 5 clients when using the Small Pool
 - 8 clients when using the Lap Pool

This means that pre-booking in advance is compulsory. In case the class you wish to attend is fully booked, please get in touch with us and we will add you to a waiting list. We will contact you if a free spot becomes available.

- ✓ There will be a dedicated time interval for clients to exit the pool and for disinfection to take place before the new class commences. This time interval will also ensure that there will be no over-crowding in the common areas in between classes.
- ✓ As always, we want to ensure that all the clients attending the class are in good health. We will be screening each client's temperature upon arrival, as recommended by the local Ministry of Health. We reserve the right to ask about your health status and to refuse the client's participation in class in case the individual displays or complains of any symptoms of ill health.
- ✓ Our clients' safety and well-being will remain our top priority. As per usual we will be checking your blue cards, so that we can get to know you better and ensure that we offer you exercises which are safe for you and your baby. However, instead of physically checking your blue card before your first class, we will be asking you to upload a photo / scanned copy of your blue card (with all the latest information) electronically, with your booking via our website. In case we need to clarify some queries we will be in contact with you before your first class.
- ✓ We will be tailoring our exercise plans to ensure that physical distancing is always strictly adhered to. Nonetheless, as always, we will certainly still be offering different exercises as per the individual's needs.
- ✓ We will only be accepting contactless payments.

Our Instructors

- ✓ As instructors, you will notice that we will be more careful and much stricter with our hand disinfection and hygiene. We will be wearing facemasks / visors before and after classes. We will not be wearing our facemasks / visors during the class, since wearing this protective equipment is not considered safe whilst performing vigorous exercise, however as per the Ministry of Health's recommendations we will be practicing physical distancing, at all times.
- ✓ We will be ensuring that all our clients follow the current recommendations of physical distancing, disinfection of surfaces, and wearing of facemasks / visors at all times, except whilst exercising. Masks should **NOT** be used when practicing in strenuous or vigorous exercise.
- ✓ In case of Postnatal Mums, we will still be checking you for Diastasis Recti (Abdominal Muscle Separation) before your first class. This is necessary to ensure that we are recommending the correct exercises for your specific needs. This check-up is done whilst lying down on a flat surface (which will be disinfected before and after the examination). To ensure your safety and well-being, the instructor will also wear disposable gloves for this procedure.
- ✓ Unfortunately, with the current restrictions, we will not be available to chat with you at length before and after classes, as we used to love doing in the past. We hope that this will be possible once again someday in the future. However, we are very responsive to emails and messages, and we still would love to hear from you and to be able to give you all the support and advice you need. So please do contact us! Feel free to call us on our phone number: 79031592.

The Pool

- ✓ Staff working at the Aquatic Centre will be wearing facemasks / visors, at all times.
- ✓ Temporarily, there will be limited access to the changing rooms and shower facilities to avoid over-crowding in common areas. Clients will be encouraged to use the changing rooms for the shortest amount of time possible.
- ✓ The pool water will be constantly disinfected using chlorine, and the salt levels will be checked at regular intervals throughout the day.
- ✓ The Aquatic Centre's staff will be sanitizing the pool furniture before and after each class.
- ✓ Common pool areas, including common surfaces, changing rooms and lockers will be cleaned every hour to keep the premises sanitized as per the recommendations by the local Ministry of Health.
- ✓ The proper functioning of the Aquatic Centre's ventilation system will be checked regularly and a log with all the records will be kept.
- ✓ No spectators will be allowed.

Your Responsibilities

Before the Class

- ✓ Please only attend classes if you are feeling well. **If you or anyone in your family has any flu complains (even if very mild), please cancel your booking well in advance.** Kindly note that we will be checking all clients' temperature upon arrival, as recommended by the local Ministry of Health. We reserve the right to ask about your health status and to refuse your participation in a class in case you display or complain of any signs and symptoms of ill health.
- ✓ Please follow good hygiene practices before attending class. We ask you to come to the Aquatic Centre 'pool ready'. Meaning that you will need to be already wearing your swimming costume. This will help us limit the number of people into the common areas. You will still be allowed access to a locker, which you will be asked to disinfect before and after using.
- ✓ We kindly ask you to enter the Aquatic Centre **ONLY** 10 minutes before class starts.

During the Class

- ✓ We kindly ask you to wear your facemask / visor at all times (from before entry into the premises, and until you are outside). You may only remove your facemask / visor exactly before you start exercising. Please bring a plastic bag to store your facemask / visor in, so that you can store it safely by the pool side and re-wear it as soon as you stop exercising. As usual, you will also have to wear your haircap into the pool.
- ✓ Please change into a clean set of footwear. As per usual, we will also be asking you to rinse yourself before you enter the pool.

After the Class

- ✓ Once class has ended, you can rinse yourself by the pool side (no soap is allowed) and we kindly ask you to leave the premises as soon as possible. For your safety and comfort, we recommend you have a full shower at home.
- ✓ We will **NOT** be accepting any cash payments. Hence please make sure that you pre-pay for your classes online (via our website), or through Revolut / BOV Bank Transfer using our phone number - 79031592. If this is not possible, we will also be accepting contactless card payments in class, however this will be our least preferred method.