**A drawing of a person

Description automatically generated**

**Pole Attack Coronavirus Health Policy.**

**02/06/2020**

Pole Attack take all staff and customers health and wellbeing seriously and have taken action to inform and advise any member of updated guidelines to the current health situation. All information below has been taken from our current policies and the Government Public Health advisory. Please read carefully and fully understand the information below.   
  
**What is the Coronavirus?**  
A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.  
  
**Signs and Symptoms**  
The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection: cough, difficulty in breathing, fever  
Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.   
  
**How Covid-19 is spread?**  
From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.There are 2 main routes by which people can spread COVID-19:

* infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
* it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)  
    
  There is currently little evidence that people who are without symptoms are infectious to others.

**If you have travelled from over seas**People who have returned from the below areas, or the areas currently affected in the last 14 days should avoid attending work.   
Advice is in place for <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk> which is being updated on an ongoing basis.

Stay indoors and avoid contact with other people immediately if you’ve travelled to the UK from:

* Hubei province in China in the last 14 days, even if you do not have symptoms
* Iran, [lockdown areas in northern Italy](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#lockdown-areas) or [special care zones in South Korea](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#lockdown-areas) since 19 February, even if you do not have symptoms
* other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild)
* other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild)

Do not go to a GP surgery, pharmacy or hospital.  
In Scotland call your GP or NHS 24 on 111 out of hours. In Northern Ireland call NHS 111.  
All other staff should continue to attend work.

**Health Advice within the workplace**There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, Pole Attack always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

* Avoid close contact with people who are sick.
* Avoid touching your eyes, nose, and mouth.
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
* Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
* Wear a mask if social distancing is not possible.
* Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  + If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Pole Attack will be supplying hand sanitiser and cleaning materials for our contractors

When Pole Attack reopens the following points must be adhered to by both staff and clients.

**Studio:**   
**Social Distancing Staff**   
When instructing you must stay 2 meters apart.   
  
Signage and floor markings can be put in place to encourage a 2 metre distance where it is at all feasible.  
  
Staff are to wash their hands with soap and water as often as possible and for a minimum of 20 seconds every time.  
  
Staff should only come into work if they are well and no one in their household is self-isolating.  
  
**Where it is not possible to follow the social distancing guidelines in full in relation to a particular activity please see below:**   
  
When instructing social distancing may not be possible and so staff should work side by side or facing away from each other rather than face-to-face if possible.

When instructing we recommend staff wear masks.

We recommend staff make a lesson plan for classes that do not need spotting, however if spotting is necessary this must be explained to the student. Masks must be warn.   
Encourage students to work on regressions and strength.

Spotting can be done if the risk of safety is higher than the risk of covid 19. If this is to save a client from falling or injury.   
  
Staff should increase the frequency of cleaning procedures, for cleaning staff to wipe down workstations with disinfectant. To add an additional 10 – 15 min between classes to clean all equipment.   
  
Staff cannot congregate in break times; arrangements such as staggered break times so that staff can continue to practice social distancing when taking breaks will be put in place.   
  
All staff should wash their hands with soap and water for 20 seconds, when they arrive at work and before they leave.   
  
When entering and leaving, workforce must stay 2 metres apart as much as possible.

**Masks**   
We advise where possible masks should be worn, these will be supplied by Herts Dance & Fitness  
  
All masks must be changed if wet.

When putting on your mask please make sure you wash your hands before and after.

Do not share any masks.

Make sure that masks are placed in the bin once used or washed.

**Gloves**  
We advise where possible gloves should be worn when cleaning any equipment.   
Gloves must be changed once a day or if damaged

When putting on your gloves please make sure you wash your hands before and after.

Do not share any gloves.

Make sure that gloves are placed in the bin once used.

Avoid touching your face whilst wearing gloves.

**Tests**   
When tests are available, we may request all staff to have a test.

**Social Distancing Clients**   
  
All students must apply social distancing.   
  
Clients are to wash their hands with soap and water as often as possible and for a minimum of 20 seconds every time.  
  
Hand sanitiser will be provided.  
  
Clients should only come class if they are well and no one in their household is self-isolating.  
  
**Where it is not possible to follow the social distancing guidelines in full in relation to a particular activity please see below:**   
  
When instructing social distancing may not be possible and so student and instructor should work side by side or facing away from each other rather than face-to-face if possible.

All instructors will wear a mask.   
  
Clients will be asked to clean poles in between workouts, if sharing equipment each member must clean their equipment when finished. There must be sufficient space for the client sharing to step back, keeping within the social distance guidelines.

Classes that need spotting, you must inform the student prior to the class. Masks must be warn.   
Encourage students to work on regressions and strength.

Spotting can be done if the risk of safety is higher than the risk of covid 19. If this is to save a client from falling or injury.  
Clients congregate in break times; arrangements such as staggered class start times so that all can continue to practice social distancing when taking breaks will be put in place.   
  
All clients should wash their hands with soap and water for 20 seconds or more at the beginning and end of every class, when they arrive at work and before they leave.   
When entering and leaving, clients must stay 2 metres apart as much as possible.

**Masks**   
All masks must be changed if wet.

When putting on your mask please make sure you wash your hands before and after.

Do not share any masks.

Make sure that masks are placed in the bin once used or washed.

Additional disclaimers, all clients will be asked to sign additional disclaimers before starting all classes.