

REOPENING GUIDELINES

MAT PLACEMENT AND SPACING REQUIREMENTS

As we prepare to move back to face to face teaching this is how Yoga Australia has interpreted the government directive around spacing requirements.

GUIDELINE 1:

In a place that may remain open to the public, occupiers and operators of the premises must allow at least 4 square metres of space for each person on the premises. Please note that some states may also have a limit to the total number allowed in a venue

GUIDELINE 2:

1.5 meters of distance between each person. This also applied outdoors

For those who are considering teaching face to face classes again this means you may need to map out exactly what your mat placement will look like to ensure these directions are adhered to

GUIDELINE 1 is referring to the maximum amount of people you can have in a space based on it's size.

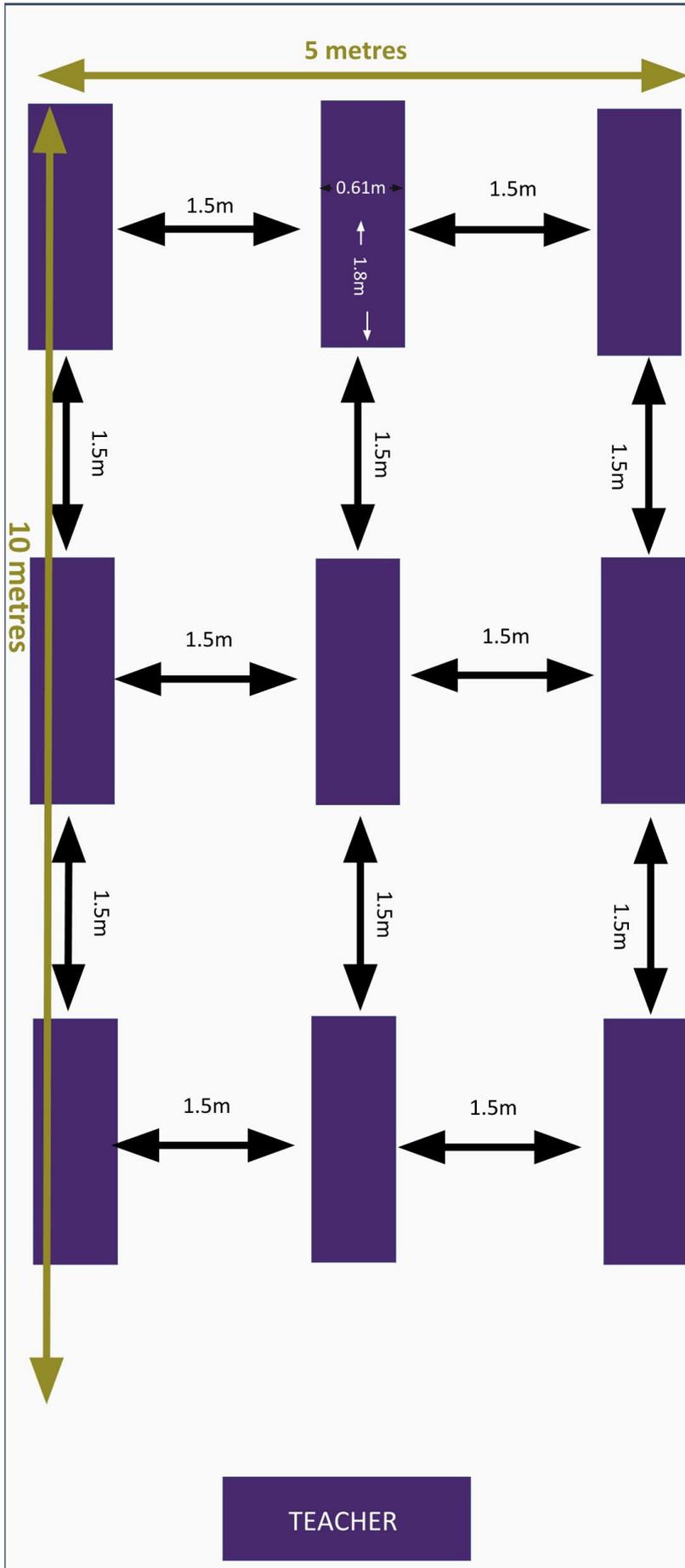
GUIDELINE 2 is referring to the amount of space that needs to be kept between each of the people in that space.

You will need to work out the total space of your studio/teaching space and how many people can be in the space based on the density rules. You then need to map out how many mats can fit so that there is at least 1.5m between each mat on all sides plus space for walkways between/beside rows to ensure safe entry and exit

We have created a diagram to explain what this might look like. (see page 2)
For more information regarding reopening visit [this page](#)

DISCLAIMER

In this layout we have erred on the side of caution. A physical distance of 1.5 metres between people is recommended wherever possible. There are various other interpretations of how this might work for yoga; including 1.5m between heads, for example. Mats vary in size. Rooms vary in shape. People move around their mats during class. Please keep this in mind. You may need to stagger the position of people on the mats to ensure you keep the 1.5m distance in certain poses. **For us, what we present here is a conservative recommendation on mat layout for your consideration.**



Considerations

- This room is 5m by 10m (50sqm) so based on the density requirements we could have 12 people (50x10/4) but can only fit 9 mats if 1.5m between all mat edges
- Make sure you take into account the space that will be required for the teacher's mat up the front.
- Consider the space around the mats that will be required for people safely entering, exiting and accessing cleaning materials while still being able to maintain distance