

# REOPENING GUIDELINES FOR YOGA TEACHERS, STUDIOS AND TEACHER TRAINERS

These guidelines have been created to provide clear simple measures that Yoga Australia teachers and studio owners can put in place to maximise the health and safety of themselves, their staff and students as they return to teaching face to face classes and prepare for the re-opening of their yoga facilities. Included in this document are checklists to assist studio owners and teachers ensure all actions against these guidelines have been met.

Please note that information below pertains specifically to only those communities that have received State or Territory advice that yoga teaching may recommence. It is important that you monitor and adhere to your local government advice and location specific restrictions. This information can be accessed via the relevant Government sites listed below.

- **VIC:** <https://www.dhhs.vic.gov.au/coronavirus>
- **NSW:** <https://www.nsw.gov.au/covid-19>
- **QLD:** <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>
- **WA:** <https://www.wa.gov.au/government/covid-19-coronavirus>
- **SA:** <https://www.covid-19.sa.gov.au/>
- **TAS:** <https://coronavirus.tas.gov.au/>
- **NT:** <https://coronavirus.nt.gov.au/>
- **ACT:** <https://www.covid19.act.gov.au/>

Yoga Australia continues to fully support social distancing. The actions in these guidelines are aimed at reducing the risk of transmission in yoga facilities and communities.

The actions in this document have been created in consultation with Fitness Australia and relevant Government and industry bodies and resources.

Yoga Australia will continue to be guided by the federal and state government directions. It's important to note when addressing these considerations, changes to business operations could be long term requirements to ensure containment of COVID-19 within the community.

This is a working document and will be updated as more information becomes available to us.

## STUDIOS

- At least one staff member to have undertaken the Australian Government's online 30 minute infection control training "COVID-19" <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- A program of additional and regular cleaning duties be developed and implemented that comply with Australian Government's environmental cleaning and disinfection principles for COVID-19  
<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>
- Closure of any kitchen space including shared hydration stations
- Appropriate and safe waste management established
- Consider offering online services or alternative arrangements for people in high risk categories (for example, over 70 years of age)

## YOGA STUDENTS

- Proactively communicate with your yoga students about what you are doing to increase the facilities cleaning and other precautions eg social media posts and flyers/posters
- Provide clear instructions on what is expected in terms of hygiene, distancing practices and cough/sneeze etiquette at the facility eg post signs in toilets, at reception and teaching space
- All yoga students to register attendance at each class for "contact tracking". Non contact preferable eg electronic advanced class sign up

## STAFF

- Provide clear instructions to staff and teachers on what is expected in terms of hygiene and distancing practices at the facility
- PPE to be made available for all staff and teachers including masks, sanitizers and gloves
- Ensure staff and teachers do not attend the facility if they show symptoms of Covid19
- Empower staff and teachers to ask yoga students to not practice if they are showing symptoms

## RECEPTION AREA

- Common use places such as reception and class waiting areas to be marked to ensure social distancing (<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces>)
- Hand sanitiser be available, and all persons entering (staff, students and teachers) encouraged to use
- Establish and encourage cash free handling wherever possible and where not cash should only be handled when wearing gloves
- Cordon off of any common areas and seating where students, staff and teachers would normally congregate
- Regularly clean and disinfect telephones, keyboards, reception desks and anything that staff or yoga students commonly touch

## TEACHING SPACE

- Limit the number of students per class to allow appropriate space (1.5 metres) between mats and/or yoga chairs
- Have a Hygiene Station where there is available disinfectant and paper towel, or wipes for cleaning hand sanitiser
- If the space has two doors, and back to back classes, designate one “Entry” and the other “Exit” to facilitate social distancing
- Ensure time is allocated between classes for appropriate cleaning of the teaching space
- Clean teaching space after each class including floors, doors and chairs etc used for yoga

## TEACHING

- The yoga practice to be confined to the mat or chair to ensure social distancing
- Pause the use of physical assists in the teaching space
- Windows to be kept open where possible
- No expiratory breathing/cleansing techniques or chanting to be practised in class

## **BATHROOMS, TOILETS AND CHANGEROOMS**

- Bathrooms with showers and change rooms to be closed
- Toilet rooms to be cleaned multiple times a day depending on student patronage with a disinfectant cleaner, disposable paper towel and gloves
- Ensure sufficient supply of hand washing products and paper towels with supporting signage encouraging use of same

## **EQUIPMENT**

- All students to bring own yoga equipment including mats, belts, blocks and bolsters
- Chairs used for teaching yoga need to have surfaces able to be cleaned ie no fabric