



OAA CORONAVIRUS COVID-19 HYGIENE POLICY

This document outlines how OAA and its students will work together in face-to-face classes to guarantee that hygiene is maintained to a high standard, ultimately so that we protect ourselves, each-other and our wider communities.

OAA 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, loss of smell and taste.

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)

If you have travelled from over seas

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.

Please follow the quarantine procedures in place set by the Government if you are travelling / returning from abroad.

ACTIONS OAA / OAA STAFF WILL TAKE:

- Classes will be restricted in numbers to maintain a 2m distance.
 - OAA staff will advise from time to time if these figures change.
 - 1 pole/hoop per participant per duration of the class.
- Instructors will fill the class checklist for each class.
- Instructors will take student temperature checks upon entry to the classroom.
- OAA staff will provide hand sanitizer for participants.
- Poles will be cleaned before, during when required and after each class with Selgiene Extreme*.
- Staff cleaning poles will use gloves.
 - Gloves should be worn when cleaning any equipment.
Gloves must be disposed of after every clean and not to be reused once removed.
 - When putting on gloves staff will make sure they wash their hands before and after.
 - Sharing of gloves is prohibited.
 - Gloves are to be placed in the venue bin once used.
 - Avoid touching the face whilst wearing gloves.
- OAA staff will clean their hands prior to class, rigorously for 20 seconds.
- OAA staff will wear a mask during classes.
 - These will be supplied by OAA
 - All masks must be changed if wet.
 - When putting on a mask please hand washing procedures are to be followed before and after.
 - Sharing of masks is prohibited.
 - When instructing and where social distancing may not be possible, staff should work side by side or facing away from each other rather than face-to-face if possible.
 - Lesson plans to form around regressions and strength, to reduce the need for physical spotting.
- If an OAA instructor displays symptoms of a new persistent cough, or high temperature, they will cease face-to-face teaching and self-isolate.
 - Staff who need to self-isolate, are entitled to statutory sick pay. Self-employed contractors this does not apply.
 - Doctors note or valid information will need to be given to OAA to confirm that you have been advised to self-isolate.
- Pole towels will be cleaned each day (for use on poles only).
 - 1 use towels will be provided per pole per lesson and washed.
 - There will be a 'dirty' towel bag for towels to be placed.
- Staff will maintain a 2m distance.
 - Spotting can be carried out 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 will continue to abide by First Aid – with the exception of mouth-to-mouth. Compressions only, as advised.
- Spotting may be done if the risk of safety is higher than the risk of COVID-19, i.e. to save a student from falling or injury. .
- In the first instance students will not be sharing equipment in the space of a 1 hour class. Once restrictions are eased and sharing is permitted then the policy will be reviewed accordingly. 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 may need to work side by side or facing away from each other rather than face-to-face if possible.



- Students will be asked to clean all equipment including mats in between workouts, using the towel/spray provided. If sharing equipment, each student must clean equipment when finished and when starting.
- There must be sufficient space for the students sharing to step back, keeping within the social distance guidelines.
- Students should be encouraged to work on regressions and strength, to reduce the need for physical spotting.
- A studio deep clean will be undertaken in July 2020 prior to reopening, alongside in which every surface will be decontaminated and sanitised, including all poles, hoops, mats, flooring, fixtures and fittings etc.
- Additional cleaning of heavy traffic areas will be undertaken after each class, including sanitisation of poles, hoops, mats, door handles, etc with minimum 70% isopropyl rubbing alcohol.

*Selgiene Extreme cleans and sanitises frequently touched items such as door handles, tables, banisters, gym, pole equipment etc. Aluminium, Selgiene Extreme is bleach free, non-toxic, non-tainting and safe to use on all common water washable surfaces, including food contact surfaces. Its proven formula will kill Norovirus, E.Coli, Swine Flu, HIV, Hepatitis C, MRSA & Clostridium passing the EN 1276, 13794, 1650, 14476 and 14675 standards. Conforms to ISO 9001, 14001 and 18001.

ACTIONS WE ASK STUDENTS TAKE:

- There may be signs and/or floor markings at the studio and venue to indicate where students can/cannot stand, and reminding students of social distancing rules and hygiene procedures. These must be followed by students.
- Wash your hands for a minimum of 20 seconds with soap at the venue prior to entering your classroom.
 - 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.
 - OAA will be supplying hand sanitiser and students are welcome to bring their own.
 - Soap/wash facilities will be available in the venue facilities.
- Maintain a 2m distance when entering your venue and classroom, during and at the end of your lesson.
- You will be temperature checked upon entry (digital and non-invasive)
- Masks – you may wear a mask if you wish. At present WHO do not recommend that you wear a mask. If this measure changes and becomes mandatory students will be informed as such.
- Avoid touching your face during your lesson.
- Please do not help/spot other participants in any circumstance.
- Please only use the pole allocated to you.
- Clean your own pole – you will be able to clean your own pole with the OAA cleaner provided.
- Blue roll supplied by OAA can be used for hand wiping.
- If you display symptoms of a new persistent cough, or high temperature please do not come to class.
- If you contract COVID-19 please inform Nicola Ghalmi on oxfordaerialarts@hotmail.com
- In the case of a contraction, it will be necessary to contact to advise other students you have been in contact with to also self-isolate
 - These instances will be dealt with the utmost discretion
 - Classes will cease until a deep clean has been carried out.
 - The instructor will self-isolate for 4 days
- Your instructor will decline your entry to class if you display symptoms.
 - Students are to respect the decision of the instructor.
- Cover your nose and mouth if you cough or sneeze - use a tissue or bent elbow. Remember to dispose of your tissue in the bin provided – **Catch it. Bin it. Kill it.**



- When instructing social distancing may not be possible, the student and instructor should work side by side or facing away from each other rather than face-to-face if possible.
- Don't share personal items such as towels, drinking bottles – anything that isn't yours.
- Clients will be asked to clean poles;
 - in between the actual class
 - If guidelines are relaxed and a student is sharing equipment, the equipment and matting must be cleaned after each and every use.
 - At the end of a class – this will then be followed by a deep clean from the class instructor using gloves.
- Upon leaving the venue please wash your hands for the recommended 20 seconds.
- Please also follow the entry / exit guidelines provided by the venue management team.

Outbreak Plan

In the case of a reported case of COVID-19:

- The venue room used will close immediately and a deep clean performed. Once a clean has been performed classes will resume.
- Anyone who attended class with the person who is infected will be discretely informed.
- Instructor will self-isolate for 14 days.
- Venue premises informed.
- Student advised to inform track and trace.

Disclaimers

All students will be required to sign additional disclaimers (via Go Team Up electronically) before starting all classes, stating that the above has been read and understood, and stating awareness that there is a risk of infection of COVID-19, and while OAA has taken extensive measures and put extensive policies and procedures in place to prevent infection, students recognise the risk of infection and choose to participate in classes at their own risk.

USEFUL RESOURCES

[GOV.UK Coronavirus \(COVID-19\): UK Government Response](#)

[GOV.UK Coronavirus \(COVID-19\): Stay At Home \(Self-Isolation\) Guidance](#)

[Coronavirus \(COVID-19\) – General Guidance](#)

[Hand washing guidance](#)

Questions are to be directed to OAA Owner, Nicola Ghalmi, on oxfordaerialarts@hotmail.com