



## AQUANATAL COVID-19

We are thrilled to be back at the Seashell Trust School for Aquanatal. After in depth planning they have informed me they are doing everything they can to keep their facilities and all equipment germ free and to ensure it's a safe space for you to attend we really need to ensure we adhere by safe social distance rules together.

I want to keep all classes running, given the circumstances and would like to maintain this over the coming weeks/months.

As you know everyone has to do their part when it comes to their own hygiene, so in an effort to avoid the spread of any germs I would really appreciate if you could take the following precautions:

- Wash your hands with soap and water thoroughly for 20 seconds before and after entering the pool.
  - Please bring your own hand sanitiser to class to use if required.
- Please ensure you wear a mask when entering the building, this can be taken off at pool side.
- If you are feeling ill or develop symptoms of Covid 19 please don't attempt to participate in a session if you are in anyway unwell or not feeling comfortable to do so. Please do not attend the session if a member of your family has Covid 19.
  - Bring your own water bottles and towels.
  - If you need to cough or sneeze then do it into your clothes, or alternatively grab a paper tissue provided and dispose of after each use.
- Ensure you have read and signed completed the WF health questionnaire before your course commences.
- Please ensure to keep a social distance whilst using the changing facilities at the school.
  - If you do test positive for Covid 19 you **MUST INFORM** the instructor right away via email.

For those of you who are pregnant or newly postpartum please see attached a published document by the royal college of obstetricians and gynaecologists who explain what you should do if you suspect you are unwell with COVID-19 or have general concerns about your pregnancy or new baby given current developments.

<https://www.rcog.org.uk/coronavirus-pregnancy>

If you have any concerns or issues then please get in touch with me and I will be the first to let you know if anything alters. For any reason any classes require to be cancelled after a booking has been made you will be offered a full refund or a chance to transfer your ticket to a future class.

See you at your next class



Healthy Regards  
Charlotte