

Firefly Poles COVID-19 Policy

LAST UPDATED: JANUARY 2022



Since the beginning of the pandemic, lots of changes have been made to make the studio as COVID-19 safe as possible!

Please read through the following details and let me know if you have any specific questions or concerns.

As soon as social distancing is no longer necessary we aim to revert back to how the studio usually runs. Please note the following changes so you can be as prepared for your classes as possible.

Class Times & Timetables

Our classes are now limited in terms of class size and timings due to COVID-19. We need to limit each class to 50 minutes to allow 10 minutes of cleaning time between classes, and to ensure the groups of class attendees do not overlap.

Until such time as when social distancing is no longer necessary, we will be limiting classes to 1 person per piece of equipment.

Here is our current timetable:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:50pm Firefly Poles Studio <i>Level 1</i>	5:30 - 6:20pm Firefly Poles Studio <i>Level 4</i>	6:30 - 7:20pm Firefly Poles Studio <i>Pole Strength & Stretch</i>	5:30 - 6:20pm Firefly Poles Studio <i>Level 3</i>			10:00 - 10:50am Firefly Poles Studio <i>Aerial Hoop Beginners</i>
7:00 - 7:50pm Firefly Poles Studio <i>Level 2</i>	6:30 - 7:20pm Firefly Poles Studio <i>Level 5</i>	7:30 - 8:20pm Firefly Poles Studio <i>Level 5</i>	6:30 - 7:20pm Firefly Poles Studio <i>Level 5</i>			11:00 - 11:50am Firefly Poles Studio <i>Aerial Hoop Intermediate</i>
8:00 - 8:50pm Firefly Poles Studio <i>Extra Sessions**</i>	7:30 - 8:20pm Firefly Poles Studio <i>Level 3</i>	8:30 - 9:20pm Firefly Poles Studio <i>Level 4</i>	7:30 - 8:20pm Firefly Poles Studio <i>Level 1</i>			12:00 - 12:50pm Firefly Poles Studio <i>Aerial Silks Beginners</i>
9:00 - 9:50pm Firefly Poles Studio <i>Extra Sessions**</i>	8:30 - 9:20pm Firefly Poles Studio <i>Level 6*</i>		8:30 - 9:20pm Firefly Poles Studio <i>Level 2</i>			

These courses are still priced at £40 for a 4 week course.

Masks

You will need to wear a mask on arrival at the studio and keep wearing it until you get to your pole where you can then take it off. You will then need to wear your mask again while leaving the studio, and if you use the bathroom facilities during the class.

We have been advised not to wear masks while exercising. As such as instructors will not be wearing masks. However, of course please do feel free to wear a mask for class if you like.

How Will Classes Differ?

When you come along for your next session you will notice a few changes.

We are no longer able to use our office / waiting room before or after class, so **please wait in your car** until your class is due to begin.

If there is a class before yours please allow them time to leave and then us time to clean before entering. I will open the front door when it is time to come in - please make sure you arrive in plenty of time.

Please Note: As always, if you miss the warm-up, you will not be able to join in.

On arrival please do use the hand sanitiser provided - one is in the office, and the other is opposite the toilet.

We have been advised to ask people to arrive ready for the session, so there is no need to change beforehand.

Please make your way straight to your pole. There is a small box by each pole for you to put your belongings in. Please only bring what you need, and please make sure you bring your own filled bottle of water.

It would be great if you could please bring your own clean cloth to wipe the pole down, and if you want a small towel for your body please bring your own.

Then it's finally time for a fun class!

At the end of your class please wipe down your pole with the cleaner provided and mats with the separate wipes provided.

As sad as it makes me, please do not stay after class as I will need to have access to all poles and touch points to clean them again.

Spotting

Due to social distancing we will not be spotting in classes for the time being. Of course if a rescue spot is needed that becomes a priority. We will therefore plan lessons according to the level of the students, teaching moves that will not require spotting. For this reason please do not attempt any moves that you do not feel comfortable trying without a spot.

Mats will be used for our level 3-6 classes as usual.

Taking Photos & Videos in Class

As always you will be allowed to take pictures and videos in class as long as you don't have anyone else in the background (unless you have their express permission). Please keep your phone/camera in your assigned space.

However, please note you can no longer pass your phone to someone else - please ask them to take a picture/video for you on their phone and send it to you later.

Looking forward to seeing you soon!