

# Real Me Yoga

## Student Information, Health & COVID 19 form

Strictly Private & Confidential, August 2020

**Important notice:** The following information is retained strictly and exclusively for the purposes of health, safety and RMY yoga communications. New students must arrange a consultation with Joanna prior to their first class. Do not attend an InPerson class if you or anyone you have knowingly had contact with/experience COVID-19 type symptoms. Pls sign and return this form to Joanna before the InPerson session.

Completing this form confirms you 1. \*agree to the Track & Trace requirements and to providing current contact information. 2. agree to receive RMY information. 3. are well enough to participate in yoga and will update your health information regularly. 4. understand and agree to the RMY COVID 19 secure protocols for safe practice. RealMeYoga agree not to digitally store, reproduce or share this data without prior consent\*. You may unsubscribe from mailings at any time by emailing [joanna@RealMeYoga.co.uk](mailto:joanna@RealMeYoga.co.uk). \*Track & Trace compliance is obligatory.

Student Name: \_\_\_\_\_ Please print

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ / Mobile: \_\_\_\_\_ / emergency contact: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ Please print

My Yoga experience, health concerns & wellness goals (please circle/give details): e.g. Flexibility / weight loss / sleep / balance / strength / mood / digestion / breathing / ... other ...

If you feel unwell during class, have sudden or sharp pain, carefully finish the posture and inform Joanna. Listen to your body and respect its limits, these can vary from day to day. Please tick the statements below and return to me

### \* Health Statement – COVID 19

- I agree to the COVID 19 secure health statement below.  I have received, read, and agree to the RMY COVID 19 Secure Infographic on next page.
- I do not have any symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days
- I have not been diagnosed with confirmed or suspected COVID-19 in the last 14 days, or been in contact with anyone who has been diagnosed with confirmed or suspected COVID-19 in the last 14 days
- I have not been advised by a doctor to self isolate at this time.  If I develop symptoms, I will immediately inform Joanna

Declaration: I, the undersigned, understand that yoga is not a substitute for medical attention, diagnosis or treatment. Taking in consideration past or current physical issues/injuries I have the approval of my medical practitioner/specialist to attend yoga. I recognise that it is my responsibility to notify the teacher of any illness or injury before every session and keep my information current and updated.

I accept that neither the instructor or Real Me Yoga, is liable for any injury, or damages, to person or property, resulting from participation. (Those under 18 yrs must have this form co signed by a parent/guardian).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Do any of the following conditions apply now or in the past, Y/N. Please tick and give details on a separate page:

Heart & circulation issues, blood pressure inc varicose veins		Metabolic disease: Diabetes I/II, Parkinson's, MS, ME	
Muscular skeletal issues, where?		Lung conditions e.g. asthma, COPD	
Ear/eye conditions inc glaucoma, detached retina, cataract		Epilepsy, fainting episodes, claustro/agrophobia etc	
Arthritis, osteopenia/ osteoporosis, rheumatism etc		Recent or on going invasive/ remedial treatment &/surgery. Inc Xrays, medication e.g. insulin	
Migraine/headaches		Due date if pregnant	
Vertigo/balance issues		fractures/sprains.inc hernia	
Allergy & auto immune conditions inc IBS, Crohn's disease		Joint replacements, bone implants, glasses, hearing aids	
Condition(s) for which you have prescribed medication or exercises you're advised to avoid.		Anxiety, depression, Seasonal Affective Disorder, sleep apnea/ sleep disorders	

# Real Me Yoga

## Student COVID-19 Protocol - part 1



RealMeYoga



### COVID SECURE CLASS GUIDE

*For In Person Yoga*

#### PRE BOOK CLASS

We have a range of classes from in person to online & RePlay offerings : StressLess Flow to Chair Yoga & Deep Yoga Relax. All sessions need to be booked in advance to manage and maintain safe and comfortable classes for everyone. Pop up/LIVE meditation is available if you sign into the Sit & Still group

#### PRE PAY

When you book you will need to pay to enable a cashless & secure operation. Due to the limited In-Person class capacity all bookings are non refundable unless you need to cancel due to Covid related symptoms. Where possible a Zoom session/RePlay will be offered. Keep your contact details & health information current & updated

#### ARRIVE READY TO YOGA

Come dressed in your yoga clothes, socks & mask (for entry & exit) plus only essential personal items. Shoes & Coats should be removed outside the space. Wait 2m apart to use the bathrooms with a 1:1 out system. Please use the wipes to cleanse ALL touch points after yourself in the bathrooms & building

#### CLASS ARRIVAL

Allow extra time for In-Person classes, giving yourself no less than 15 mins to enter, register and settle. Please remain socially distant whilst entering/exiting. Wait outside or in your car until the doors open. To manage flow through buildings you may be required to use different entry & exit doors. These will be marked.



WELCOME BACK  
KINDNESS  
MATTERS

# Real Me Yoga

## Student COVID-19 Protocol - part 2

**BRING YOUR OWN YOGA  
MAT & ANY PROPS  
YOU NEED**



**PLACE YOUR MAT ON THE  
SPOT MARKERS WHICH  
ARE 2M+ APART**



2M+ APART

### DURING CLASS

Please stay on your mat and socially distanced  
No partner work or hands on assists  
'Practice gently at your own pace' will be taught as usual, vigorous breathing practices will NOT be used.  
Caution is advised should you decide to practice wearing a mask.

### HAND & FEET HYGIENE

Hand sanitizer, hand washing facilities & wipes are available or bring your own  
Please clean hands before & after class,  
Wear socks for walking to your mat or wipe feet and hands. **No bare feet on the floor please.**

**CLEAN YOUR MAT REGULARLY  
SPRAY, WIPE, WASHING  
MACHINE**

**ANY CONCERNS, QUESTIONS  
OR REQUESTS TALK TO  
JOANNA DIRECTLY & IN  
CONFIDENCE**



For our combined safety all venues are risk assessed + additional cleaning is mandatory. Safety practices may be subject to change.  
Thank You for your co operation

[www.RealMeYoga.co.uk](http://www.RealMeYoga.co.uk)