

Help to Keep The Inner Place COVID-19 Secure

1. You must NOT enter if you or anyone in your household has Covid-19 symptoms.
2. If you develop Covid-19 symptoms within 7 days alert Test, Track and Trace. Alert the Inner Place Manager, Carolyn Daniel, on 07720 251577 or 01905 831113. Also contact the organiser of the activity that you attended.
3. Maintain 2 metres social distancing as far as possible, including as you wait for your activity to start.
4. Use the hand sanitiser provided on entering the premises. Clean your hands often.
5. Avoid touching your face, nose, or eyes. Clean your hands if you do.
6. "Catch It, Bin It, Kill It." Tissues should be disposed of into one of the rubbish bins provided. Then wash your hands.
7. Your space will be cleaned before your arrival. Disinfectant spray and blue roll is available in all spaces. Try to not to touch things unless necessary. It is the responsibility of the group leader to clean the room, including sinks and toilets prior to your group session beginning.
8. Only one person is permitted in the toilets at any one time.
9. If using the bathroom, only one person should use it. The bathroom can only be used for hand washing providing there is nobody using the loo.
10. Standing or sitting next to someone is lower risk than being opposite them.
11. Keep the space well ventilated. Ensure windows and doors are closed when you leave.
12. Please ensure you bring your own equipment with you as the equipment at the Inner Place is currently not available for use.
12. We hope that you enjoy The Inner Place safely. If you have any queries, concerns or suggestions please talk to your session tutor.