



# HulaFit Indoor Event Delivery Plan & Guidance

The purpose of this document is to:

- Provide you with guidelines on how we will keep you and others safe from infection
- Give you access to the Risk Assessment we conducted

We will take a phased approach to bringing all participants back to classes, taking our cue from government guidance indicating that it is safe to include more participants.

Please note that at any point in time we may choose to close the classes again. Similarly, the Government may impose full or partial lockdowns at short notice.

Government rules concerning lockdowns, self-isolating and quarantines must be followed at all times.

Key things: follow rules on self-isolating and being tested, track and trace, social distance, good hand hygiene, no sharing equipment.

## **Actions to be taken by organisers/instructors**

- Providing hand sanitizer and/or disinfectant wipes for all participants
- Provide gloves for instructor to clean up before/after the class
- Provide the risk assessment and mitigation rules at sign up and at the class
- Sign up participants in advance, stick strictly to the limit of participants that can safely maintain social distancing within the unique venues.
- Send rules to participants at sign up and make risk assessment available.
- Monitoring the event for adherence to the mitigation rules, particularly around social distancing
- Record names and contact details for participants for 21 days.
- All Instructors are insured to teach this class.
- Provide small first aid kit, complete with gloves and mask.
- Comply with measures taken by Venue to mitigate COVID-19.
- Studio floors are cleaned before and after every booking by venue.

## **Equipment**

- Hula Hoop equipment will be cleaned and sanitised before & after class by Instructor. In order to reduce touch points, equipment will not be shared during a class.
- Alternatively, participants can provide their own equipment
- Hula Hoops will be laid out according to social distancing guidelines before class starts.

## **Travel**

- Follow government guidelines on using public transport and car sharing. In summary, walk, cycle or use private transport as much as possible. It is permitted to use public transport to attend leisure activities. Consider what facilities are available for participants in local area e.g. cycle parks, car parking etc :  
<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#public-transport>.



- Car sharing with people from outside your household or bubble is discouraged. If it is undertaken, wear masks and keep windows open  
<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>

## **Classes**

- Instructors movements/choreography are pre-planned taking into consideration how to ensure social distancing in a limited space.
- Instructors to ensure good verbal cueing, especially for correcting technique as manual adjustments are not permitted.
- Instructors should explain the safety guidelines of what is expected before, during and after class including what the participant is expected to do to maintain social distancing and all other health and safety guidelines.
- Instructors will pay close attention to the volume of their music. Music should not be played at a level that encourages shouting. This is because of the potential for increased transmission, particularly from aerosols and droplet transmission.

## **Action to be taken by participants**

### **Symptoms and self isolation**

- Participants with symptoms (fever, new continuous cough or loss of taste or smell) or their household or bubble members must self isolate and be tested for COVID 19 in accordance with government requirements  
(<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolationand-treatment/when-to-self-isolate-and-what-to-do/>).
- Participants who have come into contact with a confirmed case of COVID 19 within 14 days should not attend classes even if not asked to isolate by NHS track and trace - this is to increase the safety of our participants.
- Please be aware of all possible symptoms of COVID : 6.  
<https://covid.joinzoe.com/post/tips-covid-safety>

### **Standard mitigations**

- In line with NHS advice all participants are reminded to wash or sanitise hands regularly, avoid touching their face and to cough and sneeze into a tissue or their elbow (tissues provided)
- Hand sanitiser should be used at all breaks in activity and prior to/post consuming any drinks.

### **Sign up**

- All participants must be signed up in advance. People who have not signed up are not allowed to participate
- Participants will be sent these mitigation rules & the Covid-19 Risk assessment and should read them
- Names and numbers will be kept for 21 days in case of the need to provide to NHS track and trace
- Be aware that your chances of interacting with a positive case and being asked to self isolate for 14 days will increase as a result of attending these meet-ups.



- Participants must arrive in appropriate workout attire with their own bottle of water, hand sanitiser and as few belongings as possible.

### **Travel**

- Follow government guidelines on using public transport and car sharing. In summary, walk, cycle or use private transport as much as possible. It is permitted to use public transport to attend leisure activities : <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#public-transport>.
- Car sharing with people from outside your household or bubble is discouraged. If it is undertaken, wear masks and keep windows open <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>

### **Arrival**

- Please maintain social distancing measures eg wear a mask, while waiting for class to start. Do not congregate in large groups.
- Use the hand sanitising station at arrival and wash hands with soap or own hand sanitiser
- Please follow any procedures the venue has in place regarding one way systems to enter/exit the building.
- Sign in with Instructor.
- Place your equipment or bags close to your own exercise space.

### **Social distancing**

- No physical contact outside of your household - No physical contact such as handshaking or hugging of class participants.
- Participants should not hand any personal items to the instructor.
- Please keep at least 1m from people you are interacting with.
- Please respect people's choice of who to mingle with.
- Participants should limit the area they use during a class to ensure social distancing at all times.

### **Equipment**

- Participants can bring their own Hula Hoop.
- Hula Hoop equipment will be wiped and sanitised before class by Instructor.
- Hula Hoops will be laid out according to social distancing guidelines before class starts
- Each participant will have their own Hula Hoop to use for the class and will not be sharing equipment.

### **Facilities**

- Arrive in your workout appropriate gear, ready to start the class.
- Follow guidance given by the venue in relation to use of the venues changing room/toilet facilities.



- Wash hands thoroughly with soap or sanitise. Soap, paper towels and alcohol gel provided.

### **Clinically vulnerable participants**

- Classes may not be suitable for clinically vulnerable participants. Please follow the latest government guidelines : <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>