



# Our Health and COVID-19

## Park Practice Sessions

We are really looking forward to offering you some Outdoor Practice Sessions over Summer. However, please make sure you follow the below listed protocols closely to ensure your safety and those of your fellow practitioners. We would appreciate your help and endorsement of the following:

### **Travelling To and From Classes Safely**

Please take all the necessary precautions when getting to and from class. If you are using Public Transport remember to follow the Government guidelines for safe travel.

### **Students to Sanitize Their Hands**

All students are to sanitize their hands upon arrival at class and when they leave. Your instructor will have Hand Sanitizer available for you. However, if you have specific skin allergies, we would appreciate it if you could bring something that is suitable for your skin.

In addition, if you need to use public facilities or touch surfaces near the class area, remember to sanitize your hands before resuming class.

### **No Physical Contact**

There will be no physical contact in classes. This means your instructor will not make any physical corrections and adjustments to your posture and there will be no student-to-student practical work. You mustn't have physical contact when greeting fellow students i.e. no handshakes or hugs. Why not use the Taiji Salute as a greeting!

### **Suitable Physical Distance Between Each Other in Class**

You must maintain at least 1.5 metres distance between yourself and others at all times. If your instructor is working with you individually he/she will also give you sufficient physical spacing. Signage will be displayed reminding you to "Keep Proper Social Distancing".

### **Face Masks in Outdoor Settings are Optional**

If you follow the Social Distancing requirements you do not need to wear a face mask. However, many people prefer to continue wearing masks so please respect their choice.

### **Do Not Come to Class if you are Feeling Unwell**

If you are feeling unwell, exhibiting cold or flu-like symptoms, please do not come to class. Our instructors will send anyone home who is displaying any symptoms that may be of concern, so please respect their judgement – it will not be taken lightly. In addition, if your instructor believes they've come into contact with an infectious person, or are feeling unwell themselves, they will not teach your class. We will try and get a replacement instructor, but if that's not possible the class will be cancelled. We know you will understand and empathize with them.

### **Records of Your Attendance at Class**

It is mandatory that a record is kept of your attendance at the session.

Do not leave the class until your instructor has marked you off and checked that we have current contact details for you.

### **If you Have Tested Positive for COVID-19 Contact your Instructor Immediately**

If you have received a Positive COVID-19 Test and have attended a practice session in the previous two weeks, please notify your instructor and the JinLi Office immediately.

Our instructors are in contact with an enormous number of people in a two-week period so we need to contain potential spread of the virus as soon as possible.

Similarly, you will be advised immediately if your instructor or a fellow student receives a positive COVID-19 test.

### **No Cash Payments Accepted**

All class fees must be paid electronically either via direct debit or through our online store.

We trust that all of the above provides you with a level of reassurance. Should the Government Chief Health Officer recommend further measures or reduce the requirements, we will follow those recommendations and advise you accordingly.

In the meantime, we definitely need to continue practising our Tai Chi and Qigong to maintain our levels of physical activity while reducing our stress responses. Both of these things, along with a good diet, are the keys to maintaining healthy immune function.