Please review the questions below within 24 hours prior to attending the studio whether for class or massage appointments.

If you answer ‘Yes’ to any of these questions please do not attend studio and contact us at info@the-barre.com to talk about what options we have for you.

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| --- | --- | --- | --- |
| Question | Original Source of Info | Action / Response to a ‘Yes’ | Reason |
| 1. Has anybody who lives in your house been diagnosed with coronavirus?  | https://www.nhs.uk/conditions/coronavirus-covid-19/what- to-do-if-you-or-someone-you-live-with-has-coronavirus- symptoms/staying-at-home-if-you-or-someone-you-live-with- has-coronavirus-symptoms/  | Send home / Refuse treatment | A positive test for coronavirus, or having been in close contact with someone who has had Coronavirus will require self isolation for 14 days. Please follow government guidance on this.A positive test for coronavirus, or having been in close contact with someone who has had Coronavirus is a **contraindication Sport and Remedial Massage and soft tissue therapies**. |
| 2. Have you or anybody in your household been advised to self-isolate because you have coronavirus symptoms?  | https://www.nhs.uk/conditions/coronavirus-covid-19/what- to-do-if-you-or-someone-you-live-with-has-coronavirus- symptoms/staying-at-home-if-you-or-someone-you-live-with- has-coronavirus-symptoms/  | Send home / Refuse treatment | Self-Isolation means you cannot leave home for any reason.  |
| 3. Have you been advised to self-isolate because you have been in close contact with someone who has tested positive for coronavirus?  | https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works  | Send home / Refuse treatment | You will directly help to contain the virus by reducing its spread.  |
| 4. Are you or is anyone in your household suffering from flu, high temperature, new continuous cough or loss or change of sense of smell or taste?  | Same as if been diagnosed with coronavirus above.  | Send home / Refuse treatment | Anyone with symptoms of coronavirus should self-isolate.  |
| 5. Have you been advised to self-isolate because you have entered the UK in the last 14 days?  | https://www.gov.uk/uk-border-control  | Send home / Refuse treatment | From 8th June; does not apply to those entering from Ireland, the Channel Island or the Isle of Man  |
| 6. Have you been advised to shield because you are at high risk from coronavirus (clinically extremely vulnerable)?  | https://www.nhs.uk/conditions/coronavirus-covid-19/people- at-higher-risk-from-coronavirus/if-youre-at-very-high-risk-from- coronavirus/  | Send home / Refuse treatment | Shielding means you cannot leave home for any reason and is required for anyone considered at high risk.  |
| 7. Your temperature will be taken when you arrive for your class / treatment. | Tympanic temperature >38 oC? <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice> | Recheck temperature for accuracy; send home if continually showing as High.  | A temp of 38 degrees or above is classed as a high temperature. If you have a temperature when you arrive at the studio we won’t be able to admit you to the studio and will ask you to go home and follow government guidelines for self-isolation.  |