



Lillooet & District REC Centre COVID-19 Guidelines for Yoga

DUE TO CLASS SIZE LIMITS ALL PARTICIPANTS MUST PRE-REGISTER AND WILL NOT BE ABLE TO DROP-IN TO CLASSES

Classes are limited to 12 people in order to maintain proper spacing requirements. Pre-registration at least 1 hour before class is required to reserve your spot and prevent crowding of people. There will be no drop-ins allowed.

Classes are Monday & Wednesday 5:30-6:45pm and sign up will start the Thursday prior. You may only reserve spots for up to one week in advance. IE: You can reserve for Monday and Wednesday of the upcoming week but cannot sign up for multiple weeks at a time.

Please place your mat in the area marked to ensure proper spacing between students. Early arrivals are asked to fill the spaces farthest from the door and towards the back of the room first so that minimal crossing in front of other people occurs as the room fills. Please try to reverse this order when leaving at the end of class and be patient as others exit and put on their shoes.

You must bring your own mat. We will not be loaning out mats. We strongly recommend cleaning your mat at home following each class.

You are strongly encouraged to bring your own props (ie. Straps, blocks, a towel, etc.) to enhance your practice. We will not be providing props during class.

We have prop rental available for you to keep the same props in your possession during this time or if you decide to practice from home. **Please contact us** if you're interested in renting blocks and a strap and we will have your props waiting for you at the office before your first class. Props will rent for \$10 and we will take your contact information. You are responsible for maintaining your rented props and bringing them to each class. We ask that you please return the props if you are no longer going to be attending classes as they do belong to the yoga instructor not the REC Centre.

Our instructor will not be offering physical assists or enhancements during classes.

We ask that you please take the following precautions:

If you feel sick or think that you might be sick, please stay home. If you need to cancel because of COVID-19 symptoms, please contact us at 250-256-7527 or email rec@lillooet.ca. Please be courteous and follow these guidelines to ensure other students have a spot in class. If you continually miss classes you have pre-registered for without giving notice, we may refuse your registration without pre-payment.



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Please wear shoes or sandals that are easily removed to reduce congestion and time spent in the mezzanine entranceway. Please leave all unnecessary items in your car to minimize what's being brought into the room.

At the end of class please wait and let those closest to the door put on their shoes and exit first to maintain distancing. Once you have exited the room please refrain from blocking exit pathways and leave in a timely manner.

If you arrive to class and are exhibiting symptoms of illness you will be asked to leave. If you are sick, even with mild symptoms, please stay home.