

Booking checklist for Complementary Fitness class

participants

This is a booking checklist designed to support all class participants as we prepare to return to indoor organised physical activity / group classes.

As a participant, you are encouraged to consider everything you do relating to hygiene, health and safety as we prepare for, participate in and reflect on each class session.

I..... (the participant)

WILL: (please tick each box to confirm)

PLAN

- Pay for my session in advance (if applicable) or contactless using card machine when I can.
- Download and submit this screening questionnaire & any other forms electronically
- Confirm with the coach that I am coming to each class session
- Find out where my session is taking place and consider how I will get to it safely, avoiding congested areas
- Adhere to the [latest Scottish Government guidelines](#) if I am using public transport
- Arrive exactly on time, not early, to limit waiting time and avoid congestion
- Arrive on my own, or if necessary, with one other person to help me

PREPARE

- Arrive at the session wearing the clothes I intend to participate in
- Bring my own water bottle and towel, with my name clearly marked on both
- Bring my own personal equipment ie yoga mat, weights, resistance band, water & will not share.

PROTECT

- [Wash my hands](#) before I leave home & bring hand sanitiser or use hand sanitiser provided at the venue
- Wash my hands again when I get home
- Try my best to adhere to social distancing guidelines at all times before, during & after the session
- Let the coach know if I feel unwell at any point before, during & after the session

REVIEW

- Let the coach know if I felt the session could be improved to help me feel safe and have fun
- Consider how I got to the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Consider what I did whilst participating in the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Consider how I got home from the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Talk to someone, such as a responsible adult, coach or doctor if I felt anxious about taking part

Class participant's Name

Date

Emergency Contact name:

Emergency contact's phone number: