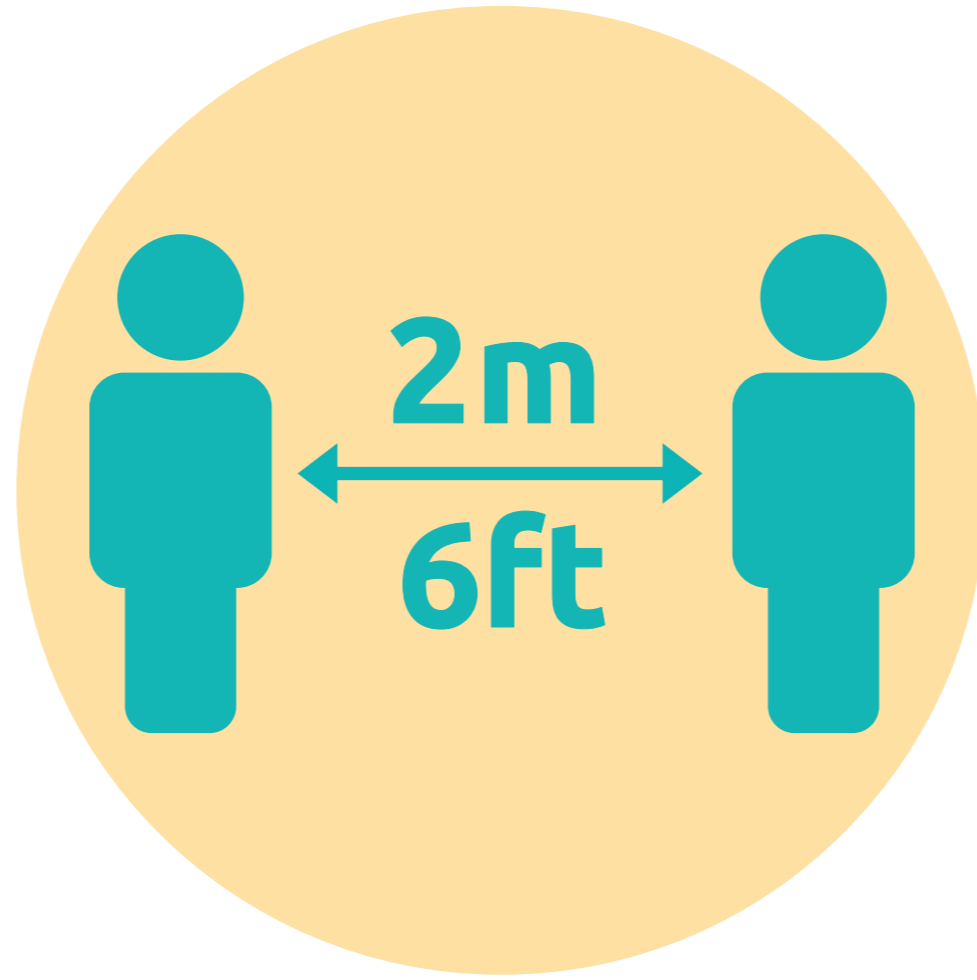


Welcome Back to LIGHT CENTRE

Please take a moment to carefully read our COVID-19 safety guidelines below which apply to all – whether you are coming for a class or to see a therapist...



If you have any of these symptoms (*High Temperature, Cough, feel unwell or any other COVID-19 symptoms*) PLEASE DO NOT ENTER



Keep your distance. Stay 2m from staff and other customers as much as possible and follow our floor markings through the Centre



Please wear a face covering throughout the common areas of the Centre



Take a Temperature Check on arrival (Wall mounted Temp Checker inside front door)



Use the hand sanitiser provided on entry (available inside front door)



Use the *NHS Test and Trace* app to scan our QR code poster every time you visit a Centre

JOINING A CLASS?

- Give your name to our reception staff. No self-sign in available at this time
- If you do not have a pre-booked spot, we cannot guarantee you a place in class, but we will certainly try to get you in
- Make your way to the studio for class and follow further instructions on entrance to the studio. As much as our staff would love to chat, we need you to not hang around the reception area
- Please do not use changing rooms unless necessary. Showers not available at this time

SEEING A THERAPIST?

- Please make your way to the reception area to wait for your Therapist to collect you, but only enter the reception a few minutes before your therapy time slot.
- If your Therapist has requested for you to wait outside, please do not enter yet.
- Follow all specific guidance from your Therapist upon entry

Please be sure to have a *wonderful* time with us!
All these new protocols will soon become second nature.