

PATS PILATES Etiquette & Protocols

Holidays

Notice for your holiday dates is much appreciated.

PATS PILATES will be closed on all Bank Holidays

Consultations and One to One Sessions:

- Payment must be paid in advance.
- In the event of cancellation 24 hours' notice is required.
- Where less than 24 hours' notice is given the fee is non-refundable nor transferable.

The Studio protocols are as follows:

- Please wear clothing and socks that are comfortable and suitable for exercise
- Consultation - Please wear a face mask upon entering and exiting the Studio. (The mask can be removed once the consultation has begun).
- Consultation - Temperatures will be taken on arrival prior to the start of the consultation.
- Hand sanitiser is available after removing your footwear.
- Footwear to be placed on the tray below the chair.
- Avoid eating two hours before your Pilates session. Drink plenty of water before, during and after exercising.
- We want to ensure that you get the very best care when in the Studio. Therefore, please inform us of any injuries, recent illness. It is in your interest and others, if you are unwell. We encourage to ensure that you rest and return to your Pilates session once you have fully recovered. Your safety and wellbeing are important to us.
- It is not advisable to attend Pilates within 24hrs of a chiropractic/osteopath treatment.
- Should you experience any symptoms associated with COVID-19 (coughs, fever, breathing difficulties) or have come into contact with anyone known to have the COVID-19, you should notify PATS PILATES and self-isolate.
- Your health form will be stored securely at PATS PILATES and destroyed 3 months after your final class.
- We will use your contact details to contact you regarding your 1:1 sessions, classes and payment and will **not** share with a third party.