

## **Yoga Plus Therapies Work Health and Safety Plan for COVID-19**

The COVID-19 pandemic is an evolving situation—review your plan regularly and make changes as required. You do not need to send this plan to Workplace Health and Safety Queensland. However, you must complete and maintain your plan and make it available to our inspectors or other Queensland Government officials if they ask for it.

**Business Name** - Yoga Plus Therapies P/L trading as Ayur Yoga.    **Date** - 26/5/2020

**Directors** - Radhika Randall & T James Bone who run the yoga classes/physiotherapy.

### **What checks and preparation have you done to know your business can re-open?**

Physiotherapy has continued to operate following Health recommended guidelines.

We have identified regulations we need to follow for indoor yoga:

- Spacing - 4 m<sup>2</sup> for each client with 1.5 m distancing of mats.
- Room size is 44 m<sup>2</sup> which allows for 10 clients plus 1 teacher.
- Access & waiting areas
- Infection Control & Signage needs

We have discussed with our clients who are currently doing online yoga their preferences. Many want to return to live yoga, some at risk clients would prefer to stay with online yoga, We will try to provide some online yoga for those clients.

We keep protocol for notifying health authorities of suspect COVID 19 cases.

Contact doctor or call 13 43 25 84 HEALTH for advice.

We keep up to date regularly with current directions & advice provided by health authorities. ie [www.covid19.qld.gov.au](http://www.covid19.qld.gov.au) & [www.worksafe.qld.gov.au](http://www.worksafe.qld.gov.au)

### **How will your business comply with social distancing requirements?**

We will control access in the yoga room allowing for only 8 to 9 students with 1.5 m space between students. Mats placed to floor where client will place their own yoga mat at 1.5 m distance from next person.

### **What extra measures is your business doing to keep customers/ clients safe?**

We have provided extra signage to help clients with directions.

Students will be directed to do hand washing before & after class, and wipe down any equipment they use with Disinfecting Wipes.

We provide liquid soap and paper hand towel in the bathroom.

They will be advised to bring their own mat, towel, water bottle, blankets & belts they may need.

Students will not be admitted to class who are unwell or present with COVID19 symptoms.

We check our own health daily to make sure we are clear of any symptoms.

We provide tips, signage & discussion on keeping healthy & the immune system strong.

We keep a record of attendees to physiotherapy & yoga for at least 28 days after the attendance for records in case of an outbreak.

Physiotherapy table & head piece is wiped with VIRACLEAN (hospital-strength disinfectant) after each use. Towels are changed between clients & washed regularly. Only cleanable supports are used. The use of pillows has been discontinued. Chairs, walls, mats & equipment are wiped down as used after client use.

Hand Sanitiser is available in the Therapy Room for use before & after class or for clients.

Hand Alcohol Sanitiser is kept away from heat & flames ie hazardous chemical - SIGN care with skin & eyes.

High risk clients should avoid classes or do Online Classes.

***What measures have you put in place to keep workers safe (us)?***

We wash our hands before & after physiotherapy, and yoga sessions.

We have provided disinfecting wipes, bins, sanitiser, soap & water, & extra washing of linen.

We do not see unwell clients, clients with COVID19 symptoms or high risk clients ie travelled. We do these clients online if required.

We keep ourselves fit, well & do practices to support our immune health - regular exercise, good diet, sleep, stress management & yoga, supplements such as Vit C & D.

Payments to be made online for yoga classes.

Contactless Tap payment available for Physiotherapy.

***How is your business complying with hygiene and cleaning requirements?***

We provide hand washing facilities in the bathroom &/or alcohol-based hand sanitiser at entry/exit on a table outside, plus in the therapy room & on the yoga room bench.

We post signs regarding practicing of proper hygiene and hand washing, and instructions to not attend if feeling unwell.

We schedule appointments/bookings to allow for sufficient cleaning time between clients.

We clean before & after each yoga class, and between each physiotherapy client.

We clean frequently touched surfaces such as tables, taps, toilet seat, benches, chairs, equipment, mats, switches, door handles, pens, glasses, walls, etc.

Floor, bathroom and major cleaning is performed weekly or as needed.

***How is your business managing deliveries, contractors and visitors attending the workplace?***

N/A

***How is your business reviewing and monitoring work health and safety compliance?***

We schedule weekly review of processes on Friday or as needed, that all is following WHS recommendations & guidelines.