**COVID 19 Professional Training Protocol**

The last few months have been tough but we are happy to say that we can invite professional members back to Unit 15 to start training again. To limit the risks and spread of infection during the current global pandemic a series of measures have been implemented to enable us to reopen. We have been working with other organisations within our sector to create safe and best practices that work within the government guidelines. It’s been a crazy time for everyone but we’re glad to be at a place where we can open the doors again and welcome you back. We do however need your cooperation to help us maintain a safe space for everyone and this document aims to lay out the new procedures that will need to be undertaken by anyone wishing to use the space. Main points to be aware of are:-

**Self Screening** - If you are showing possible symptoms, have been in close contact with someone else who is showing symptoms, have been diagnosed or been in close contact with someone who has been diagnosed with COVID 19 don’t come to the space. For more information on self-screening visit [www.nhs.uk/conditions/coronavirus-covid-19/](www.nhs.uk/conditions/coronavirus-covid-19/%20) Additionally if you are considered vulnerable or are in a household with vulnerable individuals. Please notify us at unit15@invisblecircus.co.uk as soon as possible if you show symptoms or have been diagnosed with COVID 19 or have come in close contact with someone showing symptoms or diagnosed with COVID 19 after using the space. It is your responsibility to be medically assessed prior to return to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons

**Handwashing** - To limit cross contamination regular and thorough handwashing/sanitising will need to be followed. We have installed hand sanitisers, soap dispensers and hand towels throughout the building to assist with this. Please wash/sanitise your hands if they come into contact with a shared surface. This includes door handles, light switches, the drop in lines (clean hands before and after raising/lowering drop-in lines making sure your hands are thoroughly dry before touching the rope as some chemicals can damage them)

**Social distancing -** Please respect social distancing guidelines during your time at Unit 15.   
We have marked out bays for training that adhere to social distancing guidelines. These will be colour coded (red, blue and yellow) and it is important for you and your personal effects to stay within the boundaries of your bay throughout your session as much as possible. Each bay will have a drop in line for single point aerial equipment and a selection of mats. If you would like to use the swinging bar, then you will need to book in to the blue zone. Please do not share equipment or remove anything from the bay it is in. Bays are intended to for one person only unless you are working with someone in your social bubble. If you require additional rigging points (including using the swinging bar) please contact unit15@invisible circus.co.uk prior to arrival at the space. All areas apart from the main space and the members toilet/cleaning area will be out of bounds to members (including the kitchen, the warm up room and the office - we will have a member of staff in the main space to answer any questions you have during training hours) until further notice and there will be no onsite parking for members. Due to the number of businesses that are currently closed there is more parking than normal around the Unit. We can advise you on where you can park for free in the area. Please get in touch with unit15@invisiblecircus.co.uk for more information. We will have bike stands in the yard for anyone travelling by bike and would encourage people to travel by foot or by bike where possible.

**Cleaning -** We have implemented a thorough cleaning regime, but it will be your responsibility at the end of your session to clean your bay. This includes the mats you have used and any areas of the bay that you could have contaminated. Cleaning equipment and instructions for use will be located in the members toilet/cleaning area and will be colour coded to correspond with your bay colour.

**Sharing and storing equipment** - please do not share equipment with other space users. Shared equipment is one of the highest areas of cross contamination and as cleaning equipment can damage many pieces of equipment it is best not to risk it. If you would like more information about how and what you can clean and information on quarantine procedures, please get in touch but help us out by not sharing equipment in the space. Please bring only what you need to the space and take it away again when you leave. Unfortunately, we are unable to store equipment or effects at this time.

**Booking and payment -** We are relaunching our membership so even if you have been a member before you will need to sign up again to be within our new system. This will all be done through the members area of the new Unit 15 website which you can find at www.unit15bristol.com Once you ‘ve completed the sign up process you will need to arrange an appointment to come to the Unit to collect your new keycard and have an induction. At this point your membership will be activated and you will then be able to book in a time slot to come and train. This will all be done through signing in to the members area on the website where you can choose a slot and pay for it online. Training slots will be limited to ensure we can maintain social distancing guidelines.

Things are going to be different to how they were potentially for a long time but we are doing what we can to make the use of our facilities possible and support you, our members and community as best we’re able. Please bear with us through the introduction of these new systems and help us to make it work. If you have specific enquiries get in touch at unit15@invisiblecircus.co.uk or contact Rich (07890 434204) or Becky (07526 546001) Things are changing constantly and we will respond to the changes as they arise but in the meantime any feedback you have will be gratefully received.

Thank you for your understanding and cooperation!