

# Safety Instructions!

---

**Stay 6 feet** apart while waiting to use safety station.

1. Use the touchless hand sanitizer dispenser to sanitize hands.
2. Put on **and** adjust face mask before entering.
3. Upon entry, place personal items **under** a single chair.
4. Follow the center gray gym mats, filling in designated spots **in order** of their number as shown on “Brenda’s Belly Dance Studio, Covid-19 Safety Layout.”\*

*\*Notice that if there are 6 participants, the last (or 6<sup>th</sup>) person is in the overflow area on the tile flooring.*

## During Class

5. Once in your spot, stay in the designated area unless directed otherwise.
  - a. You may stretch or sit down if waiting for class to start or at the end of class while waiting for your turn to leave.
6. Try to stay centered in your square, or away from others as much as possible.

## After Class

7. Leave **one at a time**, starting with the participant closest to the door.
8. Go directly to pick up your belongings.
9. Head to your vehicle.

*(Please do not hang out to converse with others; we have a group chat for that!)*