

# The Birthing Institute - COVID Plan

Prior to any face to face teaching The Birthing Institute will be adhering to the current COVID health restrictions that are in place within a specific area in NSW and VIC.

This could mean that a face to face course becomes a live zoom course. Please note that no refunds will be made available if these changes occur. Upon booking, we require all participants to agree to the following in writing.

Please do not attend if you have been in a hotspot and/or tested for COVID within the last 2 weeks. Please do not attend if you have been in contact with someone else who has been tested or have visited/lives within a hotspot. If this occurs then you will be transferred into one of our online course options and/or private zoom consultations. No refunds will be given if you need to withdraw from a face to face course.

Please do not attend a course if you display any of the following symptoms: temperature, cough, runny nose, loss of taste, change of taste, loss of smell, diarrhea.

If you are at all concerned please go to a free testing area nearest you immediately and self isolate.



- Our venues have signage that outlines COVID conditions both outside and inside the space.
- All participants must bring their own mat/props/blankets/pillows/fitball for use during the course as well as their own drinking and eating utensils (or use disposable). Tea will be supplied but please bring your own tea/coffee cups. There may be some disposable cups, cutlery and plates in your venue.
- All participants must wash their hands and/or sanitise as soon as they arrive.
- Educators have the right to turn away students who appear symptomatic.
- Morning tea and lunch is brought by each participant and can be eaten on the grounds and around the space but not a space that does not allow for a 1.5m separation rule.
- Disposable masks are made available to participants by your Educator and can be worn at your discretion.
- Chairs will be marked out to allow for physical distancing within the venue.
- Educators will keep a 1.5m distance from all participants.
- Educators will only provide adjustments to participants that request it and will sanitize hands between adjusting other people.
- Participants and educators will go outside if they need to cough or sneeze.
- Participants will ask educators to turn lights or heaters on/off rather than touch the switch themselves.
- There will be hand sanitizer within the bathrooms, venue, tea room and lounge areas.
- After each day the educator will wipe over the bathroom and door handles, the heater switches and the front door handle with anti-bacterial wipes.
- Educators will make a gentle announcement at the beginning of each day to remind participants of these protocols.