

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, you are agreeing to the above and the following:

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.