

# Studio Policy & Guidelines Tempest Dance Studio Washington

*This policy has been updated in the light of COVID 19 guidelines.*

This policy has been written to improve the quality and enjoyment of classes at Tempest Dance Studio, making it a place where people of any gender, background or ability can feel comfortable and accepted.

## **CANCELLATION POLICY**

You have 24 hours before the start of class to cancel your classes either on the system or via message without a charge. If you cancel with less than 24 hours notice or no-show for a class your class fee will be retained as you are taking a place away from another student. Students with more than 3 no-shows in one month will be unable to book in advance in future.

If you cancel a class with a guest instructor or for a workshop with less than 24 hours notice you will be required to pay in full. Certain workshops may have their own cancellation and refund policy which may include no refunds.

## **TIMELINESS**

Please aim to arrive 5 minutes before the start of class. Please do not turn up to class early as you will not be allowed into the studio until the instructor invites you in as Covid cleaning will be in progress. You may not be allowed to participate in the class if you arrive late.

We are no longer allowed to accept walk-ins, you must book into the class from the website to guarantee your place. Payment must be made when booking your session.

## **SAFETY, HYGIENE and GUIDELINES**

*Please see our Covid-19 policy for specific Covid guidelines.*

- Do not instruct other classmates on a move that has not already been taught to them by the instructor. This could result in being asked to leave without a refund.
- Do not attempt a move that has not been taught by the instructor.
- No jewellery allowed, this includes belly bars, bracelets, rings, necklaces, anklets and watches. Stud earrings worn at your own risk.
- No chewing gum or fizzy drinks cans allowed in class. Please take any empty water bottles and everything that you bring to class home with you.
- Please do not wear body lotion to class.
- Do not share pole grip, chalk or cloths with other students.
- Only positive vibes allowed in class towards yourself and others.
- Please leave bags and coats in the car where possible. Shoes must be left safely in the entrance area. Only a small bag, pole grip, chalk, phone and a personal body towel will be allowed into your allocated space.
- No alcohol permitted before or during class.
- Please wear appropriate clothing for your activity. Shorts and t-shirt/vest for pole, leggings and t-shirt with armpits covered for aerial. No zips, buttons, rivets or studs on shorts.
- Please do not use our pole cloths to wipe your body, you may bring your own towel.

## **PHOTOGRAPHY**

- Do not photograph anyone without their permission.
- Do not use anyone else's phone during the session.

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By participating in class photography/videography you hereby release all rights to Tempest Dance Studio Ltd for promotional purposes, unless otherwise explicitly stated by yourself.

Please tag the studio or your instructor in your photographs on FB #teamtempest #tempestwashington

## PRIVATE LESSONS

- Private lessons must be paid for in advance at the time of booking.
- You must notify us 24 hours in advance if you would like to reschedule. No refunds are given for private lessons only class credit.
- If less than 12 hours notice is given the payment will be retained in full.

## BLOCK BOOKINGS

During the Covid pandemic we may suspend the purchase of block cards. All current block cards that expired after 21<sup>st</sup> March will have their expiry date extended by 4 months.

In normal circumstances the expiry date on your block booking cannot be extended. All classes must be taken within the 2 or 3 month period. Block cards are non-transferrable.

## LIABILITY WAIVER

It is essential that you complete an online PARQ AND Covid-19 Informed Consent form prior to attending Tempest Dance Studio. Dance, fitness, pole and aerial classes are challenging physical activities. Minor bumps and bruises are common. All students must work within their own capabilities and listen to instruction at all times. If you experience any discomfort during class please listen to your body and rest. Any injury must be disclosed to the instructor.

The instructor will from time to time need to touch you for spotting, posture, alignment and correction. *There will be no spotting during the Covid-19 pandemic.*

Please ensure you are on time for class and stay until the end as a warm up and cool down is essential to avoid muscle strain and stiffness.

If you would like to see a detailed risk assessment (*updated since Covid-19*), or copies of your instructor's First Aid qualifications, or insurance, please ask.

By accepting the terms and conditions: You agree to take full responsibility for your actions during all parts of your training. You understand that you may receive some bruising, muscle soreness and chaffing. You understand that broken bones are possible. By taking part in a class you understand that you may receive injuries which could result in death. You understand that it is your responsibility to take account of any physical or mental impediments you have before you begin any class. You will cease participation and contact the instructor if you feel unwell and you will work at your own level throughout the class.

Where possible we will accommodate any individual, though adjustments may need to be made or medical advice sought if you answered 'Yes' to any of the Health and Fitness questions. We therefore reserve the right to defer any student to seek medical guidance before participating in a class. It is our strict policy not to teach pregnant women in scheduled classes. By accepting the terms and conditions you confirm that you will disclose all medical conditions to the instructor and update them when necessary and that where relevant you will carry personal medical equipment at all times (eg epi-pen or inhaler).