



Our Health and COVID-19

We will recommence some of our Tai Chi and Qigong classes in outdoor settings in line with the new Victorian Restrictions. Please follow the below-listed protocols closely to ensure your safety and those of your fellow practitioners. We would appreciate your help and endorsement of the following:

Students to Sanitize Their Hands

All students are to sanitize their hands upon arrival at class and when they leave. Your instructor will have Hand Sanitizer available for you. However, if you have specific skin allergies, we would appreciate it if you could bring something that is suitable for your skin.

No Physical Contact

There will be no physical contact in classes until the threat of cross-infection has passed. This means your instructor will not make any physical corrections and adjustments to your posture and there will be no student-to-student practical work. We would also appreciate it if you don't make physical contact when greeting fellow students i.e. no handshakes or hugs.

Suitable Physical Distance Between Each Other in Class

Please maintain a respectable distance between each other in class. Try to maintain at least the recommended 1.5 to 2 metres at all times. If your instructor is working with you individually he/she will also give you sufficient physical spacing.

Do Not Come to Class if you are Feeling Unwell

If you are feeling unwell, exhibiting cold or flu-like symptoms, please do not come to class and contact your instructor to let them know why you aren't there. We have asked our instructors to send anyone home who is displaying any symptoms that may be of concern, so please respect their judgement – it won't be taken lightly. In addition, if your instructor believes they've come into contact with an infectious person, or are feeling unwell themselves, they will not teach your class. We will try and get a replacement instructor, but if that's not possible the class will be cancelled. We know you will understand and empathize with them.

If you need to Pay by Cash Bring the Correct Amount

We would prefer you to transfer your class fees electronically. However, if you need to pay by cash, please bring the correct payment and deposit it in the tin provided. Your instructor will not be handling any cash, and we don't really want you to either.

We trust that all of the above provides you with a level of reassurance. Should the Government Chief Health Officer recommend further measures, we will follow those recommendations and advise you accordingly.

In the meantime, we definitely need to continue practising our Tai Chi and Qigong to maintain our levels of physical activity while reducing our stress responses. Both of these things, along with a good diet, are the keys to maintaining healthy immune function.