

COVID-19 Conditions of Entry

Closest Testing Clinic: Lismore Base Hospital (Old Emergency Department), Uralba St Lismore. Open 10am to 6pm, 7 days.

Do you
have these
symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

Have you
had Exposure?

- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person awaiting a COVID-19 test result

4Sqm Rule

- Max 8 yoga mats
- Max 10 people
(numbers exclude instructors)

With the following
precautions:

PHYSICAL DISTANCING:

- Maintain 1.5m physical distance.
- Do not touch, shake hands, hug or kiss.
- Use contactless payment.
- Do not gather outside venue after class.

GOOD PERSONAL HYGIENE:

PRACTITIONERS:

- Exclude anyone who is unwell.
- Record name, mobile or email of all visitors and keep for at least 28 days.
- Disinfect equipment before and after use. Limit sharing of equipment.
- Ensure disinfectant, gloves, masks, hand sanitiser is available for use.

Wash hands: on entry and exit; after touching your eyes, nose and mouth; before and after eating; after using equipment and at other times when necessary.