

Important guidelines to follow (COVID):

- You must respect the class start and end time - go directly to class upon arrival and leave immediately when class finishes.
- You must wear a mask at all times (above the nose).
- You must wash your hands regularly.
- You must social distance at all times, including during the breaks.
- Movement between classes should be avoided.

If you have one or more symptoms from the following list, we ask that you stay home, avoid contact with others and take a rapid test (self-test), even if you have received at least two doses of the vaccine.

If you do not have access to a rapid test at home, you should consider that you have COVID and should therefore follow the necessary instructions .

- For children 6 years and older: Fever (oral temperature 38.1°C [100.6°F] and above)
- Sudden loss of smell without nasal congestion, with or without loss of taste
- Recent cough or worsening of a chronic cough
- Breathlessness
- Difficulty breathing
- Sore throat
- Runny nose or nasal congestion (stuffy nose) of unknown cause
- Stomach ache
- Nausea or vomiting
- Diarrhea
- Abnormal fatigue
- Significant loss of appetite
- Generalized muscle pain (not related to physical activities)
- Headache

You are welcome to contact us if you have any symptoms.

