

COVID-19

As of April 14th New Zealand is under the COVID Orange light-setting. All of Soulsprite studio classes and personal training are open and operating at Orange setting.

What if I test positive for COVID-19 and need to put my membership on Pause?

If you test positive for COVID-19 please e-mail kate@soulsprite.co.nz to place your membership payments on a Medical Pause, and please remember to delete yourself out of classes booked.

What does the Traffic Light system mean for gyms?

In the Orange setting there are no restrictions for gyms.

Does Soulsprite require its workers and members to be vaccinated?

From Tuesday 5 April the Government vaccination mandate for gym workers will no longer be in effect, so although we support vaccination, our instructors, personal trainers and members will no longer be required to be vaccinated or show a pass.

What safety protocols and guidelines does Soulsprite follow?

We are following ExerciseNZ's guidelines on best practice for keeping members safe at all times, which have been developed with both Sport New Zealand and Worksafe using the Ministry of Health's protocols.

What will Soulsprite do to keep me safe?

We have extensive processes and protocols to ensure your safety:

- Sanitisation stations in all studios (please ask an instructor if you can't find)
- Further equipment cleaning
- Deep cleaning regime
- Keeping further distance from other participants.
- COVID conditions of entry in place

What are the Conditions of Entry I need to abide by to partake at Soulsprite?

The Conditions of Entry are:

- Stay home if unwell
- You cannot enter if you are currently required to be self-isolating under Government regulations
- Wash or sanitise hands before entering the club and when moving through different areas
- Bring and use a sweat towel for spin or for sweat-worthy classes.
- Wipe down equipment after use
- You must abide by keeping distance as much as possible
- 15 minutes between most classes.

When booking a class you'll be confirming your agreement to these Conditions of Entry. You'll also be confirming that you will abide by all Health & Safety procedures and protocols.

Please note, the Ministry of Health warns that if you have an underlying health condition and/or are over 70, you may be at greater risk of COVID-19 becoming a severe illness, if contracted. If you do choose to attend classes or sessions please ensure you follow all Ministry of Health guidelines in addition to these club conditions of entry.

I've recovered from COVID-19 – can I come back to the gym?

If you have been diagnosed as having COVID-19 and have completed your self-isolation period, and as long as you are free of COVID-19 symptoms, you can then return to the gym. Please progress slowly, and tell your instructor if feeling fragile and continue to follow COVID-19 processes and protocols including personal hygiene expectations.

What hygiene etiquette does everyone have to follow?

In the Orange setting, we encourage you to wear a mask between classes except when exercising; where possible keep your distance from others; and bring your own

yoga or pilates mat / boxing wraps and gloves. We ask that every member takes responsibility for their personal hygiene and also respects the space of others. In general, this means washing / sanitising hands, covering coughs and sneezes, bringing your own towel and using it, and not sharing or touching anything that you don't have to.

What about physical distancing?

In the Orange setting we ask that you please respect each other's personal space and try to keep your distance from others. Our studio areas are 'boutique' so we advocate more spacing between equipment and people where possible. In the Orange setting there are no minimum distancing requirements.

Are there limits on class numbers?

No, there are no number limits in the Orange setting.

Are sanitising stations available?

Yes, these are throughout the club. The Ministry of Health recommends you wash your hands with soap and water often for at least 20 seconds.

Will you be doing extra cleaning?

Yes, you will see more cleaning taking place and we will be doing enhanced deep cleans throughout the club. Our deep clean includes all high-touch equipment, kettlebells, dumbbells, TRX straps, spin bikes, boxing bags, barres and surfaces being wiped with disinfectant wipes – and full regular studio cleans. They are all cleaned with hospital grade cleaning products to ensure our facilities continue to be safe to use.

We will also continue anti-viral protective products and ask that you wipe down equipment before and after use to help us keep equipment clean.

Where do I get the latest info about COVID-19?

www.covid19.govt.nz is the first place you should go for official information. Here you'll find the latest Government updates, info on the disease itself, how to protect yourself, information for communities and other resources.

What are the symptoms of COVID-19?

Please see [here](#) for COVID-19's symptoms.

What do I do if I think I'm getting sick?

Firstly, if you feel ill at any stage you should stay away from the gym and self-isolate. Follow the health advice at www.covid19.govt.nz and ring the National Telehealth service on 0800 358 5453.

Will timetables be the same?

We have changed our timetable to better manage the flow of people, class sizes, instructor-cover, and to give ourselves – and you – time to wipe down and clean equipment between classes. Please refer to our website for the latest timetable.

Will I need to book every class I go to?

No, you can create a standing reservation if on a membership, but we insist you come to every class or delete out to allow space for others to enjoy our services. Otherwise, the best way to ensure you get a spot in your favourite class is to book early as it's a first-come, first-served basis.

What Soulsprite workouts can I do at home?

Good news! As part of a Soulsprite membership you have access to hundreds of home workouts under 'content library' on our booking app – at no extra cost. Non-members can train with [Soulsprite's YouTube Channel](#).