



Class Hygiene

The following are points to consider in the light of Class Hygiene

1. Use Hand Gel (or Wash Hands) before using Focus Pads.
2. When washing hands: clean the water tap with soap to disinfect it and rinse the tap with water, so that when you close the tap it is sterile. Dry your hands well. Do not touch your face afterwards.
3. During class, if you blow your nose (or touch your face) wash hands or use hand gel immediately.
4. If you cough or sneeze, lift your T Shirt above your mouth and nose. Instructors will show you how to do this.
5. Always wash/hand-gel your hands at the end of class.
6. Avoid handshakes and unnecessary touching.
7. The club will disinfect pads & Spare-On-Trial gloves using Anti-Bacterial Spray. The Club its best to provide hand gel during class. However, it will help if students can bring their own hand gel.