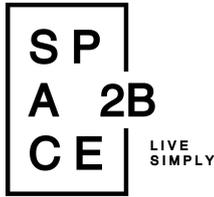


## COVID-19 Safety Measures

In keeping with MOH's guidelines for COVID-19, we have updated our precautionary measures:

- (1) Please do not come to the space if you are sick or not feeling well and see a doctor.
- (2) For classes to begin timely, please arrive at least 15 minutes before class to allow teachers to carry out mandatory temperature checks and your health declaration filled.
- (3) Effective 8 Feb 2020, Everyone entering SPACE2B will be required to have their temperature taken and declare they are healthy and have not travelled to (5) in the past 14 days before entering class via the [online health declaration form filled](#).
- (4) For the safety of our staff and members, we will not hesitate to ask you to leave the space if you appear to be unwell or showing signs of runny nose, cough, shortness of breath or other symptoms of cold or influenza, or if your body temperature exceeds 37.5 degrees Celsius. This is to keep you, your loved ones and everyone safe.
- (5) If you've recently travelled to and returned from China, Republic of Korea, Japan, Italy, Iran, France, Spain, Germany, Switzerland, United Kingdom, and ASEAN countries\* (\*ASEAN Countries besides Singapore: Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Thailand, Vietnam) in the past 14 days or have come into close contact with someone who has, please do not come to the space for at least 14 days.
- (6) You are advised to wash your hands both BEFORE and AFTER class and to avoid rubbing your eyes or touching your nose or mouth when in the studio. We have placed Aura Soma PURE WHITE Pomander as 'disinfectant' at the reception table. These can be used before and after every class. Please feel free to use them when you go in and out of the space!
- (7) Yoga mats will be wiped down and cushions sprayed with disinfectant spray after every use. We recommend you to bring your own eye pillows and scarfs as covers, if you wish.
- (8) We recommend you to drink lots of water before and after class. Avoid spicy or fried food. Keep your immune system high.



### SPACE2B Safety Measures

We have in place the following safety measure at our studio to keep our space safe for our students and teachers:

- Reduction of max capacity per class to 10 including the teacher(s), for safe distancing between individuals at 1m spacing apart.
- Reduction of Back-to-Back classes for more space in between classes.
- Additional and increased frequency of cleaning and disinfectant measures implemented before and after class.
- Windows at studios are left open after class for proper ventilation.

Please feel free to reach out if you have any concerns or suggestions. We'd love to help in ways we can.

Students who are affected may email [info@space2b.sg](mailto:info@space2b.sg) to suspend their packages.

We thank you for your understanding in this time.

Let's all do our part to ensure our community stay healthy and safe at SPACE2B.

We strive to provide a safe place for everyone to practice meditation.

*These measures may cause some inconveniences but it will allow us to rapidly identify affected individuals in the event that contact tracing is required.*

*It is also to minimise infection exposure.*

Submit your declaration by Scanning this QR code here >>

