



The Guild of Pregnancy and Postnatal Exercise Instructors Guidelines on working with pregnant and postnatal clients during the Covid19 Situation

At the Guild of Pregnancy and Postnatal Exercise Instructors we recognise the concern by our Instructors and the public during the Covid19 situation. We encourage our Instructors to work with caution and defer all non-essential activities that might place themselves and their clients at any potential risk.

We encourage our Instructors and the public to make arrangements for their health and wellbeing and put them in place and to ensure that the spread of any infection is limited. We recognise that there may be an impact on activities but that everyone takes responsibility in decreasing the spread of Covid19.

We invite our Instructors to review their current business arrangements and insurance and ensure that they take any necessary steps and precautions.

This may mean:

- **Issuing a leaflet to all clients encouraging informing them of your business policy during this period.**
- **Referring clients to NHS Guidelines and their own GP practice for further information. Refer pregnant clients to the NHS website <https://www.rcog.org.uk/coronavirus-pregnancy>**
- **If you are worried about symptoms, please call NHS 111**
- **Encouraging clients to bring their own hand sanitations to classes.**
- **Being sensitive in deferring clients who may be at risk of carrying the Covid19 and may have to self-isolate.**



- **Offering online classes if your area becomes an at-risk area but ensuring you have the necessary insurance in place to do so.**

Our policy is to continue to follow government and NHS advice, and urge everyone to familiarise themselves with this advice and to stay up to date with the situation as it develops. Please refer to the following links for further information.

NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

PUBLIC HEALTH ENGLAND: <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk>

Please make your health and the health of others a priority during this situation.

Our contact details are:

Chair: Rachel Rafiefar

Tel: +447949653832

E mail 1: hello@postnatalexercise.co.uk

Registered address: Darley Abbey Mills, 12 Darley Abbey Dr, Derby DE22 1DZ, UK