

Following the Government's announcement on 22nd February, outdoor organised sport is allowed to restart from Monday 29th March 2021.

In order to be able to keep the classes running in line with government guidance we ask that everyone adheres to the following rules:

- Wash your hands before class
- Do **not** congregate in groups before and after class (The rule of six still applies to all social gatherings)
- Sign up for each class in advance using the sign-up form
- Sign-in and pay before the class (providing your name and number)
- Sanitise your hands before using the instruments
- Do not come to class if you have any of the symptoms of COVID-19 including:
 - A new continuous cough
 - A temperature
 - A loss or change in your sense of taste or smell
- If you have any medical conditions that place you in a higher risk category you may wish to take further precautions.
- In line with current restrictions we advise wearing masks when you are within 2m of each other, eg, when training in pairs.

Classes will be on Tuesdays and Thursdays at 6:30pm at Millennium Square and Saturdays in Victoria Park (Weather dependent – so please check the website or our Facebook page (Bristol Capoeira) before coming.) and will cost £6. If the weather is bad the class will be online. There will also be an online class on Wednesdays at 7:30pm.

Each in-person class will have a separate sign up form and you will be required to fill one out for every class you attend. We have a limit of 30 people in a class and the form is used to reserve your place, after 30 people have submitted the form the form will close. Unfortunately if you have **not signed-up and your name is not on the list you will not be able to train**. If you are having difficulties accessing the form and signing -up for a class, please let us know.

If you use MoveGB you still need to sign up to reserve your space as well as booking in on MoveGB.

You can pay by cash, bank transfer or use MoveGB. If you are paying cash, please bring the exact change (£6) as we want to minimise the handling of cash as much as possible. If you would prefer to pay by bank transfer, please bring a screenshot of the transfer. MoveGB will operate as normal.