



Ventilation

Current advice on Coronavirus and best ventilation can be found at the following link:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/928720/S0789 EMG Role of Ventilation in Controlling SARS-CoV-2 Transmission.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/928720/S0789_EMG_Role_of_Ventilation_in_Controling_SARS-CoV-2_Transmission.pdf)

However, in brief and to help you best ensure the best provisions to yourself and members attending your classes indoors.

- 1) Ensure the space is maintained at a warm temperature.
- 2) Ensure there is adequate ventilation allowing fresh air into the space used.
- 3) Do not let the space become cold as this adds longevity to the survival of the Virus droplets and transmission risk.
- 4) Use fans to keep the air flow moving and on a gentle rate, while a window or door is open.
- 5) Doors and windows should not be left open but it is recommended for sporadic use to help with introduction of fresh outside air.
- 6) Between space use opening of windows for a minute or two is suggested as an extra measure but again the factor of comfort and refraining in reduction of room temperature should be taken into account
- 7) Ensure the humidity in the space does not raise significantly as this will increase transmission risk.
- 8) Do not overload the space used, if the space is large enough to allow socially distanced numbers in and the room ventilation is adequate then refer to limits on numbers attending.
- 9) Please also ensure you complete your risk assessment for the space ventilation and use the guide above.