

## COVID-19 -Studio Protocols and Sanitary Precautions

The studio will only be allowed to operate for 2 to 4 classes each day, to limit potential exposure.

Appointment times will still be 55 mins.

We will be cleaning and preparing the room before and after the next client's session...usually 30min between each class.

The times will be limited to during the daytime...for security purposes but also to still be able to accommodate our current online classes we will not be teaching any evening or late afternoon classes.

Please take note of the following important information:

- On your first class and first class of every month - You will need to come 5min before the class starts to fill in a form and be asked screening questions (please bring your own pen if you remember) and your temperature will be taken and documented.
- A client with a temperature of 38 degrees or more will be asked to leave and follow the protocols of possibly isolating themselves or consider having a Covid-19 test done.
- You will need to sanitize your hands upon entering the studio. If possible, please avoid using our bathroom facilities – this limits the need for us to sanitize the facilities before and after each patient.
- Nobody other than the client will be allowed into the studio...No children.
- Please leave as many of your possessions in the car as possible – this includes jewellery, watches, handbags, cell phones etc. The less you have on you, the less risk there is for contamination.
- A large plastic bag will be given to each client to put their shoes and personal belongings in (You will keep this bag and bring it to your next class), this will help avoid contamination of the studio flooring. All other non-essential belongings should be left in your vehicle.
- We will be limiting the use of certain props, an example of this is, you will need to bring your own band and if possible, your own mat and any other loose props you have.
- You are required to wear a mask during your class. I will always wear a mask and shield during your class.
- A 2 to 3 layered material mask or disposable mask is recommended. Disposable masks should only be discarded once the client is at their own home, not at studio.
- When trio or small group classes open, it will be mandatory to wear your mask during the duration of the class and 2 to 3M social distancing must be adhered to before, during and after the class.
- Please bring your own water bottle to class if you need water during the class.
- Please bring your own head towel and large (bath) towel to class to put over the mat or bring your own mat if possible. If you use the studio mats, you will need to spray down and wipe with an alcohol solution provided by the studio. This way, we as instructors do not have to come into contact with body fluids and limit contamination.
- Depending on weather, windows and doors will remain open for ventilation and natural airflow.
- If you are feeling unwell or have recently travelled internationally or domestically or have recently been exposed to known Covid-19 sufferers, we kindly ask that you reschedule your appointment.

Thank you for your understanding, we really appreciate your business and support.