

COVID Guidelines for The Yoga Studio

Dear Students,

In compliance with Work Safe BC we will be enacting the following guidelines to minimize the risk of spreading the COVID-19 virus within our community.

- We will be monitoring capacity in order to maintain current social distancing measures. Class sizes may be limited.
- During this time we will be running **pre-registered programs only, and cannot accommodate drop-ins**. This will support us all in maintaining a safe group size, contact information, as well as allowing us clearer lines of communication.
- **Class payments will be made through contactless methods**, and can be negotiated with your instructor.
- If any student or instructor is experiencing or has experienced any of the following, they will be required to **stay home**, and not come in to the studio:
 - o If you are experiencing or have experienced in the last 2 weeks: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
 - o If you, or anyone you are living with, is either sick, self-isolating, or quarantined.
- **Entry and exit to the studio will happen through the back door** which is located around the backside of the building. Go up the stairs to the balcony (see photos below). Do not enter the 2nd avenue entrance as we want to limit traffic through the confined hallway spaces.



- Please **do not enter the studio more than ten minutes before class starts**. You are welcome to wait outside in the fresh air if you arrive early.
- Hand sanitizer will be located at the door. Please **sanitize hands on your way in and out of the studio**. You may wash your hands with soap and water in the bathroom before and after class.

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- **All belongings will be taken to your practice space with you.** Please bring only what you need for class. Communal storage cubby areas remain closed for the time being.
- Spacing for mats during times of limited capacity will be marked out on the floor. Please **align your mat with these pre-marked spaces**, to ensure a safe distance between yogis.



- Please **bring your own pre-filled water bottle.**
- Please **bring your own mat** and take it home with you after class. If you have your own props that you would like to use (blankets, bolsters, straps, blocks) please bring them with you.
- A disinfectant spray bottle and wipes will be available for clients to wipe down their mats and spaces as needed.
- All high touch surfaces will be disinfected before and after classes.
- Windows will remain partially open during class. Please bring layers to dress accordingly.
- We will leave at least 30 minutes between classes to allow instructors to fully disinfect the space before each use. Please **exit promptly after class**, and avoid long discussions and congregating in the studio after class. You are welcome to engage in discussion outside, while maintaining appropriate distance.
- Please **maintain a 2 meter distance** from other participants at all times. This includes waiting for the washroom, waiting to be checked-in, and in open spaces outside before & after classes.
- As per Public Health orders, the use of masks is recommended but not required. We encourage you to wear one while entering, exiting and moving around the studio. Removing it when on your mat is at your discretion.

We look forward to welcoming you at The Yoga Studio!