



*Life Full Yoga*

RE-OPENING  
POLICIES  
PROCEDURES

# Life Full Yoga & Pilates

## Re-Opening Comprehensive Operations Plan

Life Full Yoga & Pilates is excited to welcome you back for In-Person Classes. Online, Virtual Classes will continue.

We have a few changes to help everyone return to in-person classes safely. Our policies and procedures are recommended by the Yoga Alliance, Pilates Method Alliance, CT State and Local Government, and the CDC.

## Classes Schedule:

### Initial Class Schedule

Classes will continue Virtually and run concurrent with In-Person classes. Some classes may remain 100% Virtual.

Classes will slowly be added to the schedule with time in between for cleaning.

## In Person Classes:

### Class Size and Structure

- Maximum class size:
    - Indoors: 4-5 students, 1 teacher in main room. 3 Students, 1 teacher in smaller room.
    - Outdoors maximum 25 people or less as determined by location's protocols
  - Structure of classes or practice that take place in person:
    - Outdoor Classes: 1 hour
    - Indoor Classes: 55 minutes- 1 hour
  - Space configuration to maintain social distancing:
    - Outdoors. The teacher will arrive early and place markers at 6 feet or more apart.
    - Inside: 6 ft between clients will be marked on the floor. As well as entrance flows.
- Space is configured to maintain social distancing.  
Measure and mark distances of six (6) feet or more around practice/exercise space.

Maintain at minimum six (6) feet between all yoga mats.

## Class Sign-up Procedure

### Advance Sign-ups Required

- Advance sign-up for any clients will be done using online scheduling and is required. This:
  - Limits class sizes and also ensures proper information is obtained.
  - Allows for sign-up confirmations which will include a notice about wellness policies.
  - Provides a contactless payment method
- Clients must update client profiles to include emergency contacts and must sign-up for email confirmations.

### Health Checks

- Pre-class health screening of teachers and students (e.g., taking one's temperature):

Temperature checks via a touchless infrared thermometer of every individual, including staff, teachers, volunteers, students, and practitioners will be taken at the studio. The studio has one and will train teachers.

Teachers and students will be notified to check temperatures before coming to classes.

The CDC has recommended regular health checks, including temperature checks to identify individuals with a fever, as a community mitigation strategy to slow virus transmission. It defines a fever as a measured temperature of 100.4 degrees. Notices not to come if temperature is 100.4 degrees or higher will be given to teachers and students.
- Screening Questions:

When individuals—staff, teachers, volunteers, students, or practitioners—arrive, teachers will ask questions of each person or make an announcement:

Have you had a cough?

Have you had a fever?

Do you live with anyone who is sick or quarantined?

If anyone answers affirmatively, they cannot take the class in person and will be issued a credit for an online class to take a future date. Posters will be displayed with this information to remind clients before the announcement.

## Masks

- Personal protective equipment requirements for teachers and students:

Masks are required when social distancing cannot be maintained.

- Face-coverings:

Indoors: masks the whole time.

Outdoors: Masks except while on own Mat spaced minimum 6 feet, 36 square feet away from others.

## Bring Your Own Props

- Use of mats brought from home and on the sharing of mats:

Clients must bring their own Mat and Props. Props must be kept close to Client's Mat

- Storage of personal belongings Personal belongings must be kept close to the Client's Mat and taken home after class

- Use of Communal props: blocks, blankets, straps, and any other communal equipment:

None to be used.

Inside: All props will be taken out.

## During Class

- Clients must use their assigned space. 1st person goes the furthest away Mat, etc.

- Clients will leave one at a time, leaving proper social distancing space between them and the person leaving prior to them. Person closest to the door leaves first. The teacher will direct the procedure.

- There will be no chanting or exaggerated breathing practices.

- Hands-on assists or other touching:  
No hands-on assists or touching will be offered

## Additional policies on the use of indoor facilities:

### Fresh Air

- Hallways and stairwell will be marked for social distancing.
- Air filters will be used.
- Windows and doors left open when possible.

## Studio Cleaning and Documentation:

- Pilates Equipment will be cleaned with CDC guidelines.  
The owner of Life Full Yoga has taken a course on Equipment Cleaning and will train staff. <https://www.fitreformer.com/covid19-guide/>
- Bathroom use is discouraged if possible: sanitize hands before using the Bathroom and after. Proper Hand Washing Posters are posted. The lights will remain on during business hours so there is no need to make contact with the switch.
- Changing: Changing is not allowed at the studio at this time.

Procedures, signage, checklists, or other documentation to guide and routinize tasks and to encourage consistent practices.

- All spaces, furniture, equipment, and surfaces that must be cleaned after classes.
- Cleaning schedule with increased cleaning frequency to areas touched more often (e.g., doorknobs) will be on a clipboard in the hall.
- Cleaning products to be used: 70% Alcohol, Soap, Lysol and Clorox based on information by the Environmental Protection Agency (EPA)-approved disinfectant labels with claims against emerging viral pathogens.

- Process to document that cleaning has taken place: A Checklist and Log will be posted in the hallway outside the bathroom

## Hand Washing and Good Hygiene

Require staff and volunteers to hand wash with soap and warm water for a minimum of twenty (20) seconds before and after every registration period.

Require teachers to hand wash with soap and warm water for a minimum of twenty (20) seconds before and after every class.

Hang signs and encourage all students and practitioners to practice hand washing best practices. Signs are posted in the bathroom and around the studio with respect to cough-and-sneeze etiquette (cover your mouth and nose with a tissue and then throwing it away, using upper sleeve if a tissue is not available, refraining from touching your mouth, nose, and eyes, etc.).

Make tissues available to the extent possible. Provide touchless trash receptacles indoors.

- Outdoors Hygiene:

Outdoor clients are encouraged to bring a closeable baggie for their trash (such as a ziplock bag).

For outdoor classes which may have access to public bathrooms the teacher will have signs to be posted around the outdoor class space for reminders of Good Hygiene.

## General Policies

- Provision of protective equipment and the availability of handwashing and sanitation stations:  
When available, hand sanitizer will be provided. The studio has obtained a case.  
Teachers and Students will be encouraged to bring their own just in case there are no studio provided provisions that day.
- Staff leave policies:  
Staff are encouraged to stay home if not feeling well. A substitute teacher will offered if available

- Continuity of operations if staff or teachers cannot come to work:  
Substitutes will be sought. If there is no substitute clients will be refunded or a day will be added to Monthly Unlimited passes.

- Training for staff and teachers and communication with students and the public:  
Teachers will remind students of the protocols for wellness and for social distancing before class starts.

- Incident response protocols in the event of a suspected or confirmed COVID-19 case:  
If there is a suspected or confirmed case of COVID-19 the studio will do contact tracing by reviewing attendance reports and notify classmates within 24 hours and recommend they get tested.

Additionally, Indoors: the studio will have a deep clean and classes will be suspended for at least 24 hours

- Incident response protocols in the event of non-compliant students or practitioners:  
If a student does not follow wellness or social distancing protocols the studio manager and if necessary local authorities will be called. Clients will revoke their rights to the use of their pass.

- Provide Advance Notifications:  
Inform people that they should not sign-up or come to the studio/class if they have a cough, are running a fever, or have been exposed to someone who has been diagnosed with COVID-19 or is experiencing COVID-19 symptoms.

- Notify individuals of the health and safety policies that they will be expected to follow if they come to class.

- Process to document and/or escalate any identified unsafe conditions: Teachers and Clients can contact the studio manager. Contact info will be displayed with posters.

- Walk teachers through your new policies; provide handouts and conduct trainings; and practice protocols. Conduct scenario drills, exercises, or workshops to make sure everyone understands their roles and responsibilities in the event of an incident or emergency.

- Provision of protective equipment and the availability of handwashing and sanitation stations:  
Hand Sanitizer, Soap, and extra face masks will be provided as available. Clients are encouraged to bring their own.

- Training for staff and teachers and communication with students and the public.

Teachers and students will get emails reminding them and/or educating them about how COVID spreads, proper handwashing techniques, sneeze and cough protocols, social distancing, how to slow the spread, and Personal Protection protocols.

- Government orders setting health and safety requirements for businesses conducting in-person operations will be followed
- Federal, state, and local employment laws on employee leave, work schedules, discrimination, and reasonable accommodation requirements will be followed.
- Federal, state, and local workplace safety regulations, including those set by the U.S. Occupational Safety and Health Administration will be followed.