

# Core Crown Point

## **For Clients: Your health and safety is our greatest concern!**

- 1. As clients you must decide what level of risk you are personally comfortable with. If you are concerned for your health or a loved one you are in close contact with, we advise against in person classes at this time.**
- If you are coming to class, Core expects the following:
  - a. You do not have a fever, 100.4 or greater.
  - b. You have not tested positive for Covid-19 in the last 14 days.
  - c. You have not experienced any cold or flu-like symptoms in the last 14 days (to include fever, cough, sore throat, respiratory illness, difficulty breathing)?
  - d. You have not had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?
3. Please do not arrive early to class OR socialize outside of the studio after class.
4. Wear a mask as you enter the studio if you feel you need one.
5. Please use hand sanitizer as soon as you enter the studio.
6. There will be infra-red contactless thermometers on hand if you were not able to take your temperature at home.
7. Please practice Social Distancing (we don't know other's situations/concerns).
8. Please wipe down everything you touch after class.
9. We have ordered reformer mats & personal loops that will be available for purchase when in stock.

## **For Instructors:**

- If you are teaching class, Core expects the following:
  - a. You do not have a fever, 100.4 or greater.
  - b. You have not tested positive for Covid-19 in the last 14 days.
  - c. You have not experienced any cold or flu-like symptoms in the last 14 days (to include fever, cough, sore throat, respiratory illness, difficulty breathing)?
  - d. You have not had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?
2. Any equipment used, must be sanitized. Detailed information to follow.
3. Instructors are to clean EVERYTHING touchable after every class. Machines, equipment, doors, desk, countertops, etc.
4. Please monitor social distancing and use common sense.
5. There will be no personal contact during classes or personal training sessions.
6. We have ordered additional loops that we can use to swap out daily and reformer mats for the studio and for purchase.

## **For Studio:**

1. Kayla & crew will be cleaning the Studio in addition to instructors.
2. First 2 weeks, class size limited to 6 clients.
3. We love chatting before and after class; let's take it outside to give instructors time to reclean the studio for the next class.
4. There will not be spin classes.