

Recommendations and Cleaning Protocol in Response to Covid-19:

Health/Hygiene

- Avoid touching your eyes, nose, face or mask if wearing
- Regular hand washing with soap and water for at least 20 seconds should be done frequently.
- If soap and water are not available, use a (60% min) alcohol-based hand sanitizer.

Teachers, staff and STUDENTS must conduct health checks daily:

1. Do you have a fever?
2. Do you have respiratory symptoms?
3. If sick, seek care through your primary health provider and STAY HOME.
4. Follow state guidelines for symptom reporting.

Interior Environments

- Maintain 6 feet distance from person to person. Mats will be placed 6 feet apart - *we have areas marked with blue tape*. Place your mat centered to the blue tape. Mats will run parallel to the windows.
- Staff are to required to wear face coverings. Face coverings are recommended for patrons but not required.
- Students should **not** wear gloves. Proper hand washing is recommended before and after class.
- Periodically, the exterior balcony doors will be opened to allow fresh air to enter the room. Studio doors will be propped open.
- The studio will open 15 minutes prior to class time.

Class Etiquette and Protocol

- Class is limited to 11 people only. Strict adherence to this policy is required in order for us to operate, therefore, prior class sign-in is required through the MindBody app and you must arrive to class on time.
- Maintain 6 feet distance from person to person. Mats will be placed 6 feet apart - *we have areas marked with blue tape*. Place your mat centered to the blue tape running parallel to the windows.
- Bring your own mat and props.
- The lobby is for entering/exiting only; avoid congregating in this area.
- Please leave all valuables locked in the trunk of your car.
- Some classes will be live streamed to support our online community of yoga practitioners.

Cleaning Protocol

As per the CDC guidelines, virus killing disinfectants will be used to sanitize and frequently clean the following surfaces on a frequent basis (before/after each class and no less than once daily):

- High touch surfaces such as stair railings, door knobs, light switches, counters, faucets, toilet stall latches, and toilet levers.
- HVAC HEPA Air Filters will be installed and changed bi-monthly.
- Studio spaces will be Swiffer mopped and sprayed with disinfectant after each class.

Thank you for your cooperation.