

One Yoga Vernon Risk Mitigation Protocols

Updated December 4, 2020, please note the following:

- ◆ **Anyone with ANY** symptoms of illness (fever, cough, sore throat, or difficulty breathing, etc.) or anyone who's circumstances require self-isolation **will refrain** from entering the studio.
- ◆ Upon entering the studio, please quickly remove outer garments, sanitize your hands then move away from the entry area to avoid bottlenecks.
- ◆ Masks are mandatory to enter the studio and must be worn until you are safely on your mat and ready to practice. You can take it off once you are in your own space and can safely maintain your two metres. If you need to use the restroom before or after class please put on your mask, and when you are ready to pack up and leave we will ask you to once again put on your mask before moving around the studio.
- ◆ We will be limiting the occupancy of each class as well as adjusting some class times to limit the number of students gathering at any one time. Spacing for your mats will be mapped out on the floor and we are asking all students to do their utmost to honour and maintain safe social distancing of 2 metres as you enter and leave the studio and while in the studio during class.
- ◆ Unfortunately, we can no longer accept drop-in students, all attendance in the studio must be booked in advance. To clarify, you can be a student who pays the drop-in fee, you just need to notify us in advance that you will be coming to a class by booking your spot online. If the booking system gives you an error message, please message us directly through Facebook or the website contact page.
- ◆ **We will NOT** have mats, bolsters, eye pillows, blankets, blocks, or water glasses available for student use. We request that you bring your own mat and any props you require plus your own water bottle as we will no longer have glassware on site. We will maintain a water bottle filling station for you to use
- ◆ There will be no hands-on adjustments in class. There will be no Yin Yogassage, Reiki & Restorative or Hot Stone Meditations offered until such time it is deemed safe.
- ◆ We will be using a bleach & water antiviral disinfectant solution as recommended by CDC BC to sanitize the studio & restroom. Class times have been adjusted to facilitate additional cleaning time. Also, we ask that you arrive no earlier than 15 minutes prior to class and try to leave as promptly as possible after class to assist in our keeping the space clean and sanitized.

We at One Yoga Vernon completely support Drs. Bonnie Henry and Theresa Tam and as a yoga studio we follow the ultimate guiding principle of Ahimsa, that we will strive to do no harm to ourselves and others. Together we can create an enjoyable studio experience while holding the health of our communities in our decision-making. For those of you that will choose to stay home we commit to continued online classes to honour both your choice to stay home and your daily practice.

Thank you in advance for your commitment and co-operation.

Shawn McMann

One Yoga Vernon Teacher and Student
Practice Courage. Grow Roots. Fly High. Truth Is. We Are One.