

# COVID-19 Studio Safety Protocol Plan

Chiara Boutique Pilates Studio is committed to providing a safe workout space for her clients. With that in mind, I've built this Studio Safety Protocol due to the Covid-19 pandemic. As the business re-opens for in-person sessions, I want to ensure the safety of my clients and their families. Every client is expected to take part in implementing and complying with these measures. Before entering the studio for their first class or session, clients will be required to sign a Studio Safety Protocol Plan.

I have built the Studio Safety Protocol with the help of experts so that everyone may feel completely comfortable working out and practicing in the studio.

The Safety Protocol follows the CDC, state, and local health guidelines and HIPAA in relation to Covid-19.

## **The Studio Safety Protocol includes:**

- Health Protocol
- Hygiene Protocol
- Sanitation Protocol
- Social Distancing Protocol
- Waiver

## **Health Protocol**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

All clients should self-monitor for these symptoms. If you have any of these symptoms, **please do not come to the studio and call your doctor.** All clients must check their **temperature** at least 1 hour before coming to the studio for a session. There will be a contactless thermometer that will take temperature for everyone. If your temperature is above set standard temperature (99.6) we will cancel your session without penalty. See below for standards of when you may return to the studio.

- If a client shows either (A) any symptoms of Covid-19 (even if the client is determined not to have Covid-19) or (B) tests positive for Covid-19 within 14 days of attending the studio.
- All clients who show symptoms may not re-enter the studio until at least 72 hours have passed since the resolution of fever without the use of fever-reducing medications, and improvement in respiratory symptoms such as shortness of breath or cough, and at least 7 days have passed since symptoms began.
- We will all practice social distancing by deliberately increasing the physical space between us to at least six feet wherever possible.

### **Hygiene Protocol**

All clients must implement good hygiene and infection control practices. These include:

**Socks:** in the Studio socks will be worn.

**Hand Sanitizer:** Clients are required to hand sanitize before and after sessions. Hand sanitizer is at the entrance.

**Masks:** masks are required.

**Avoid Touching Your Face:** Clients are encouraged to avoid touching their face to help avoid the spread of germs.

**Use Respiratory Etiquette:** Clients should cover their mouths and nose when coughing and sneezing with a sleeve or tissue. Wash your hands or use hand sanitizer following coughing and sneezing and dispose of tissues in the trash. Avoid touching your face when coughing and sneezing. Tissues will be provided in the studio and touch-free trash receptacles will be available.

### **Sanitation Protocol**

The studio will be daily sanitized and cleaned as normal, with additional cleanings and disinfection measures in between all sessions.

- If a teacher (me) or client is diagnosed with Covid-19, the studio will be shut down for 36 hours and a complete deep clean of the entire space will be performed and everybody will be informed about the facts keeping the privacy of the person intact.
- In between each session, all equipment used will be disinfected. The studio will be closed for 30 minutes between sessions for thorough additional disinfecting. I have chosen cleaning products based on recommendations from the CDC and EPA. Products with EPA-approved emerging viral pathogens claims are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses.

### **Freezing Packages**

All packages and sessions may be frozen if a client is ill, diagnosed or has been exposed to Covid-19.

### **Refunds**

No refunds will be provided for packages or classes. If a client is ill, diagnosed or has been exposed to Covid-19, the sessions will just be put on hold.

### **Waivers**

All of our waivers of liability have been updated to include infectious disease within them. I will provide you an updated copy of the waiver to sign.

### **Updates to the Plan**

All updates, modifications and changes to the plan will be communicated through email, social media or the website.