

## **COVID-19 PROTOCOLS AT KELOWNA PILATES STUDIO**

As we enter our phase of reopening the studio for classes we wanted to share what you can expect during your class. Please take the time to read this so you are prepared for your sessions.

### **What we are doing to protect each other:**

- The studio will be given a thorough cleaning using our hospital-grade cleaners prior to opening
- The studio will be cleaned between each class (this includes all surfaces touched, equipment, doorknobs, cubbies)
- We have removed props that are hard to clean
- Everyone in the studio will wear masks and socks. When you are in your safe workout space, the mask can be removed for effective breathing!

### **Physical Distancing:**

- During this time we will continue to communicate via email and telephone regarding booking
- We have reconfigured the studio so that clients will have individual workout station and each area will be at least 6 feet away from the next person's area / Maximum 3 people per class
- Payment can be made by phone with credit card or e transfer

### **Preparation for your visit:**

- Please bring your own socks to wear in the studio, a mask, and a hand towel to cover soft props
- Please bring your clean workout clothes in a separate bag to change into or wear clean clothes from home.
- If you forget your mask we will have a limited supply available

### **When you arrive:**

- Please arrive as close to your start time as possible, wait in the hallway or mezzanine area outside the studio; there will be chairs available in the waiting area
- At the appropriate time, your instructor will open the door and direct you in
- Once you are in the studio, please remove your shoes and place them along with your belongings in one of the empty cubby shelves / use the grey basket to collect your accessories
- You'll be asked to sign a waiver / questionnaire at the start of the class

### **Your class/session:**

- Please wash your hands or use the hand sanitizer at the start and end of the class
- Each station will have its own disinfectant, please wipe down at the end of the class
- Your instructor will clean additional touch points in preparation for the next client
- Hands-on/physical cueing will be done only after discussion between teacher and client. Alternately, instructor cueing will be verbal or demonstrated.
- Please clean all the equipment and accessories and return to shelves.

**Thank you for your cooperation during this challenging time**