

Protocols for Restart June 1st

What We Are Doing To Manage Physical Distancing and Safe Hygiene:

- Registration for all classes will be taken by phone and paid for by credit card. Teachers will receive a class list. There will be no sign in sheets.
- We have spaced classes at least an hour apart to allow time to clean the studio and avoid contact with other students coming into the Centre. Surfaces will be disinfected throughout the day, including doorknobs, lights switches and the floor in Arbutus, the large studio, where all classes will be taught.
- Staff will be behind plexiglass at the desk. Staff who have symptoms of any illness will not work.
- There will be no access to the kitchen, library or change rooms.
- Everyone must bring their own mat, strap and blankets or beach towel. Studio props will not be used in class.
- Please wear yoga attire and bring minimal clothes to the Centre.
- Masks are optional. If you feel more comfortable, please wear one.
- The doors to the lobby and Studio A will remain open throughout class. There will be no need to touch door handles at any time.
- Classes are limited to 14 students.
- Practice social distancing as you enter the building and courtyard. One person at a time will enter the lobby, put shoes away in a cubby and take their own mat into the studio. Place your mat on the marks on the floor 8 feet apart. Please put any water bottles in your bag/backpack. More information on how to enter the building will be provided when you register.
- Teachers will arrive 10 minutes before class.
- Teachers and students will not be moving around the studio during class. Teachers will teach with demos and verbal corrections.
- At the end of class the teacher will call each student by name so that students leave the studio one at a time. Each student will put on shoes and leave the Centre before the next student leaves the studio.

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What We Are Asking Students To Do To Help Us Stay Safe:

- Consult your doctor about coming to class if you have underlying health issues. Our online classes will continue through the summer and may be more appropriate if you have concerns.
- Stay home if you have any symptoms such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, as well as symptoms of allergies.
- If you have registered for class and develop symptoms, stay home until you have no symptoms at all. We will offer a discount on your next registration to accommodate lost classes due to illness. No make-ups or free passes will be offered at this time.
- Please call us if you develop Covid-19. Do not feel afraid to let us know. We are all vulnerable and we must care for each other. Also inform us if anyone in your direct circle develops Covid-19.
- Because the number of scheduled classes will be reduced as will the limit on the number of students in each class (14), register for one class only at first. Register by phone using a credit card for a month of classes at a time. In subsequent weeks, if class spaces are available, students will be notified and may call to register for additional classes.
- Bring your own hand sanitizer to class. Use as often as you wish. The Centre will not provide sanitizer.
- Washrooms will be open but are shared with other tenants. Use at your own risk. Wash your hands with soap and water for 20 seconds. Use a paper towel to cover your hand and exit without touching door handle. Put used paper towel in waste basket positioned below key on the hook in the lobby.
- To visit others students before and after class, please congregate away from the courtyard, lobby and entrances on Fort or Meares.