

July 29, 2020

270 Power Yoga, LLC is committed to providing a safe environment for our team and clients. With that in mind, we've built this Studio Safety Protocol due to the Covid-19 pandemic. As our business re-opens to the public, we want to ensure not only the safety of our clients but the safety of the greater community that every person entering our studio will come into contact with. Every client is expected to take part in implementing and complying with these measures.

Our clients are the core of our business and we're incredibly serious about protecting the health of each and every one of them. We have built our Studio Safety Protocol with experts including concerns our team has brought before us so that they may feel completely comfortable working out and practicing in our studio.

Our Studio 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, immediately contact Liz Faught at 270-313-6213.

The following procedures are being implemented to ensure that healthy clients are entering the studio and so that clients may report when they are ill or experiencing symptoms.

Before entering the studio for their first class or session, clients will receive a Studio Safety Protocol Plan.

Everyone must adhere to the government's mandates and/or recommendation of wearing a face mask, face buff, scarf, and bandanna when outside the home.

All clients shall enter through a single point of entry, the front door, where a mandatory temperature check will be given. Temperature checks will be provided by a team member wearing a mask. Upon confirmation of a temperature less than 100.4 degrees (per CDC recommendation) and the team member will log your temperature. If your temperature is above set standard temperature we will cancel your session with no penalties. Please self check your temperature 2 hours before class. See below for standards of when you may return to the studio.

Clients will also sign an updated Waiver that includes questions and Covid-19 language.

- If a client shows any symptoms of Covid-19 or tests positive for Covid-19 within 14 days of attending the studio, the client should immediately contact Liz Faught at liz@270poweryoga.com.
- Liz and Ericka will review whom the client has had contact with at the studio in the prior 14 days leading up to going into isolation from the studio. This will include all clients and team members that the team member has had close contact with (close contact being within 6 feet for at least 5 minutes) as well as what areas of the studio and equipment the team member had touched or been in.
- If you have been in close contact (per the above definition) with an affected client who tests positive for Covid-19 within their isolation period, you will be notified via email and phone call. Per the CDC guidelines, remain in isolation for 14 days and self-monitor for symptoms. Seek medical attention should you develop any symptoms.
- We are implementing policies to protect all team members' and client's health details and conditions. When notifying people who have had close contact with an affected team member, the identity and condition of the client will not be shared.
- 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.
- All clients should practice social distancing by deliberately increasing the physical space between you and other people to at least six feet.

Hygiene Protocol:

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

- Frequently wash hands: Clients are instructed to wash their hands for at least 20 seconds with soap and water prior to arriving. Upon arrival, during check-in, clients are asked to sanitize hands with the provided hand sanitizer. Clients are asked to wash their hands for at least 20 seconds with soap and water after using the restroom.
- Avoid touching your face.
- Use respiratory etiquette: Cover your mouth and nose when coughing and sneezing with a sleeve, tissue, or elbow. Wash your hands following coughing and sneezing and dispose of tissues in the trash. Avoid touching your face when coughing and sneezing.
- Do not handle clients' belongings including phones and personal equipment.

Sanitation Protocol:

Our studio will provide daily sanitation and housekeeping as normal, with additional cleanings and disinfection measures in between all sessions.

- The studio will no longer provide mats for clients to rent or borrow. If the client does not have a mat, one may be loaned. The client must clean the mat before and after use. Hang the mat on the rack in the back office and spray with sanitizer. Clients may purchase a mat at the time of session, but may not leave the mat at the studio.
- The studio will give blocks to clients as needed in respect to stock. Clients must take these with him/her upon exiting the studio.
- Bolsters and towels will not be available for use.
- If a team member is diagnosed with Covid-19, the studio will be shut down for a minimum of 72 hours and a complete deep clean of the entire space will be performed.
- Cubbies in the lobby and the lobby area are temporarily closed for gathering until further notice.
- One restroom is available for clients and one is labeled for Team Members only. Restrooms should be sanitized/wiped down following each class with Clorox Wipes.
- The studio will allow 30 minutes between classes for thorough additional disinfecting. We 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.

Social Distancing Protocol:

The studio will observe strict social distancing protocol to ensure close contact (contact of less than 6') is limited and 10 feet between mats in the studio in accordance to HAW for Fitness Studios.

- Only clients who have pre-scheduled appointments or classes will be allowed to enter the facility.
- All people will enter through the front door with masks on properly and maintain social distancing guidelines. Masks must remain on at all times unless the client is on his/her mat. Team members must wear masks until in designated social distancing areas.
- Check-in procedure: Each client will be called to desk individually, sanitize hands, sign the waiver, temperature taken and notated. The client will then enter the studio space via lobby doorway and fill the studio from the Om wall towards the lobby wall.
- Cubbies are not available. Please secure belongings in your vehicle prior to entering.
- Clients will enter the studio room one at a time.
- The floor will be taped where each mat will be placed.
- If equipment is needed for each client, that will be placed in advance by staff members at each space. That equipment will be left in the same place following the session to be collected and disinfected by a staff member.
- No hands-on assistings will be used during class. All cues will be verbal or visual. The instructor, teacher or trainer will maintain a 6' or greater distance from the client.
- When the session ends, a staff member will distribute cleaning supplies. Cleaning supplies will not be shared. The client will clean their equipment and leave one at a time from the studio.
- Communal spaces for team members and clients are temporarily closed until further notice.
- All people should maintain at minimum 6 ft. social distancing.
- At the conclusion of class, clients leave one at a time through the doorway into the lobby. Clients will exit in the opposite manner they entered. Last in, last out.

Late Cancellations, Freezes, Cancellations, Payments and Refunds:

In light of Covid-19 all packages, sessions, and memberships, we are updating our late cancellations, freezes, cancellations, payments and refunds.

Late Cancellations:

Late cancellations fees for illness or exposure to Covid-19 are officially waived. If more than one late cancellation occurs, the studio may request emailed documentation to confirm the reason for late cancellation. Please note: If you show any signs or symptoms of Covid-19, please review the Client Section for when you can schedule your next session.

Freeze:

All packages, sessions and memberships may be frozen for up to 14 days if a client is ill, diagnosed or has been exposed to Covid-19 or up 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.. There is no fee for this freeze.

Cancellations:

Standard cancellation policies apply.

Refunds: No refunds will be provided for memberships, packages or classes. If a client is ill, diagnosed or has been exposed to Covid-19, the studio will extend the expiration date of a class package up to 14 days. This may be extended based on the individual client's situation. If a client is ill, diagnosed or has been exposed to Covid-19, the studio will allow for a freeze of up to 14 days. This may be extended based on the individual client's situation. There are no refunds for individual sessions. There are no refunds for used sessions.

Waiver:

Currently, all of our waivers of liability will be signed prior to each class and include COVID-19 language. We will provide you an updated copy of the waiver to sign.

Communication Plan

This plan is being communicated to clients and team members through our Studio Safety Protocol Plans, interior studio signage, and our Studio Safety Protocol Manual. Additional communication and training may be updated over email, phone calls, or updates to our manual.

To acknowledge receipt and understanding of this plan, employees will be required to sign a current copy of this document upon their return to their workplace.

Acknowledgement

I acknowledge I have received a copy of the COVID-19 Studio Safety Protocol Plan. I will read and follow all policies and procedures contained within the plan.

Date: _____ Printed Name: _____ Signed: _____