Covid-19 Protocols

The safety of our clients is our top priority; therefore we have developed important procedures to ensure the wellbeing of all of us.  Here is what is in place:

**•Face Coverings/Masks will be required upon entering the studio and during your workout. *I will be wearing a mask at all times*.**

**•We are now a “socks mandatory” studio no exceptions, please make sure you have them with you when you arrive.**

**•All clients are asked to remain in their vehicle or outside until the previous clients can exit. All classes will be reduced by 5 minutes (50 minute classes) to allow for adequate sanitation of equipment between sessions (the new cleaning agent must sit and let dry, it cannot be wiped off).**

**•We have increased cleaning and sanitization protocols per CDC and State guidelines. There will be hand sanitizer in both rooms for your convenience.**

**Towel service will no longer be available; I ask that you please bring your own towel from home.**

**Clients are required to have their own handles to bring to the studio and take home. I have purchased handles for $10.00 if you wish to buy them from me.**

**Cleaning and Sanitizing**

We are following the [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html) to clean equipment with a disinfectant spray that is [specifically approved by the EPA to kill the novel Coronavirus](https://cleargear.com/epa-registered-disinfectants-covid19-prevention/).

Our studio will be cleaned by our Cleaning Provider on a weekly schedule, per our usual practice.

For additional precautions, I have invested in an air purifier that cleans the air 2-3 times in an hour and uses a combined activated carbon and True HEPA filter. It will capture and reduce up to 99.97% of particles as small as 0.3 microns (the same size of viruses) in the air.

Symptoms

Please be sensitive to others. I ask that you do not come to the studio if you are displaying any of the following symptoms:

* + 1. Coughing
    2. Sneezing
    3. Runny Nose / Excess Mucus
    4. Fever

Clients who display any of these symptoms will be required to leave as a late cancel.

**Hand-Washing and Sanitizing**

Clients are required to wash their hands when:

* Entering the studio
* Using the restroom
* Beginning a session
* Ending a session

To be effective, hand washing must use soap and be done for a minimum of 20 seconds.

Alcohol-based sanitizer is an effective replacement for hand washing and I will have that available as well.