

# Alotapilates General Guidelines and Protocol

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## - General Studio Guidelines:

- We will be operating with a limited number of Instructors and Clients in the studio at this time.
- We will have a new waiver for you to sign when you come back to the studio.
- If you have a fever, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, new loss of taste or smell, or gastrointestinal symptoms - do not come to your session at the studio. You may do a virtual session at your scheduled time.
- If you have a family member or friend that you have been around that has been confirmed to have COVID-19, you need to quarantine for a minimum of 14 days and not come to the studio.
- Please wash and sanitize your hands often.
- Please be sure to cough and sneeze into your elbow.
- You must wear a mask when you are in the Studio and the building.
- You must be able adjust and change your own equipment. This includes being able to get on and off the equipment without assistance as well as being able to adjust springs and move equipment around. This is necessary to maintain proper social distancing within the studio and to ensure health and safety of you and your Instructor as well as the health of Alotapilates.
- Please maintain social distancing with all interactions in the studio.
- The Studio will be separated into 3 stations - please use only the equipment, props and supplies at your station. Each station will be clearly marked.
- Bathrooms will be open - use them at your own risk. We are not able to sanitize the bathrooms after every single use. There will be cleaning products available for you to use in the bathrooms if needed.
- There will be no access to the water cooler at this time. If you need water, please bring water with you.

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- Studio thermostats will be set to 70 degrees on both sides with air being circulated constantly (fans on).
- The studio has a hospital grade HEPA filter which will be running continuously. We have installed new filters in this unit.
- The building furnace for the hallway and common areas (including the bathrooms) has a state of the art UV light and ionization system called Reme Halo. It treats all of the air that flows through the system.
- We will open the windows as we can to assist in air circulation and proper ventilation.

### **- Studio Protocol:**

- Clients and Instructors are required to wear a mask at all times inside the building as well as in the Studio. If you forget your mask, we will have some available for purchase.
- Clients will be required to wear clean socks and clothes for each session. If you forget your socks, we will have some available for purchase.
- Please wait for your scheduled session until the time of your session in your vehicle. Your instructor will send you a text message when it is time for you to come into the Studio.
- Sessions will be limited at this time to only private sessions (one-on-one sessions) and limited same household member duet sessions. We will have 3 stations in the studio at this time (3 Clients and 3 Instructors - one station will accommodate duet sessions). Each station will be a mini studio. You may not get your normally scheduled time/day or more than one session in the studio per week. Thank you for understanding as we work to keep everyone safe and healthy. We will continue to do group classes and private sessions on Zoom/virtually indefinitely.
- Each station/mini studio will have a number and will also have a corresponding entrance. Your instructor will advise you of your assigned station number and door to enter/exit the studio for each of your sessions. The doors will be marked with numbers as well as the stations.
- There will be no access to a changing room at this time, therefore, please arrive dressed for your session.

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- Please bring only the items you need into the Studio. All items will come with you to your station.
- Upon entering the Studio, please proceed directly to your station number with all of your belongings. Leave your belongings at your station, remove your shoes, and put on your clean socks. Then, proceed to the sink to wash your hands. Return to your station to begin your session.
- Sessions at this time will run 50 minutes as we need that extra time to properly clean all of the equipment and accommodate social distancing requirements in the studio. We are using EPA approved cleaning products to sanitize the equipment and all surfaces.

**- Preparing for your studio session:**

- Have your mask on and bring your clean socks - you will need to have your mask on at all times in the building and the Studio. You may want to practice pilates at home with a mask on to see what type of mask you like the best.
- Know your station number - your instructor will let you know what your station number is for each session and instruct how to enter/exit the Studio/building:
  - Station #1 - clients enter and exit through the studio door on the street (in the mat area)
  - Station #2 - clients enter and exit in the main studio door (the door you usually use)
  - Station #3 - clients enter and exit in the office door (near the bathrooms)
- You will need to sign the additional studio waiver. This will be at the studio with a sanitized clipboard and pen - or you can print it off and bring it in with you.
- If you are due for payment, there will be one sanitized pen at each station and you can leave a check at your station. You can also pay using Venmo, Zelle or Bill pay. If you have questions let us know.
- If you exit the studio during your session to use the bathroom or for whatever reason, you must exit/re-enter through your specified door and sanitize hands upon returning to your station.
- You may wear gloves if you choose. You will be responsible for providing your own gloves.

**- After your session:**

- Your session will wrap up at 50 minutes.
- Instructors will be solely responsible for cleaning equipment at this time to ensure all things are properly cleaned and sanitized and then put back into their respective homes.
- If you need to schedule, please do that with your instructor after your session via text, mail or phone call. We are working to minimize standing social time in the studio and to allow for enough time to prepare for clients. Thank you for understanding.