

4 tips to stay healthy in the studio

WIPE DOWN ALL SURFACES & EQUIPMENT

Wipe down all of your surfaces like door knobs, light switches, counter tops, handles, and rails. Also, practice regular cleaning for all your hand straps, equipment, and mats.

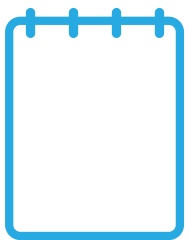
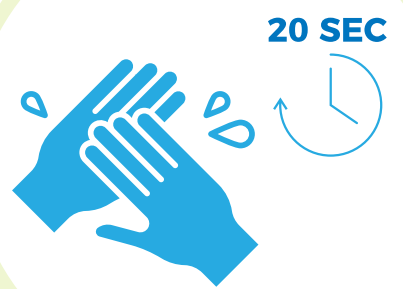


STOCK HAND SANITIZER AT THE FRONT DESK

Provide hand sanitizer for your teachers and clients to use. Use an alcohol-based hand sanitizer with at least 60% alcohol.

WASH YOUR HANDS

Instruct all teachers (and clients) to wash their hands often with soap and water for at least 20 seconds, particularly after going to the bathroom, before eating, and after blowing their nose, coughing or sneezing, or coming in from outdoors.



STAY HOME IF YOU ARE SICK

Not feeling quite up to snuff? Take sick leave. Avoiding contact with others will drastically reduce contaminating others and reduce the stress of others if they see/hear you feeling unwell.