

COVID-19 Reopening Resources for Pilates Professionals

This Reopening Toolkit will help you understand all the procedures and precautions studios and individuals should take when reopening time comes.

9 Considerations for Reopening

Every area will re-start in its own way and will likely provide varying specifics for how and when this can happen. Here are 9 things to consider.



1

Fully understand any new laws and ordinances at the local, state, and national levels and adjust your plans accordingly.

- Remember that your state laws and reopening guidelines must be adhered to regardless of any additional safety protocols you may choose to adopt.



2

Institute thorough cleaning, disinfecting and sanitizing protocols in your studio. This also pertains to any communal areas and objects your clients touch.

- Consult [CDC guidelines on cleaning and disinfecting processes](#) for reopening businesses.
- The AIHA provides specific, easy-to-follow [recommendations](#) for the reopening of businesses.
- We encourage you to refer to [CDC for guidance on handling soft surfaces](#).



3

Consider making modifications to apparatuses to reduce exposure to virus particles. For example, order additional sets of loops for your Reformers and Trapeze Tables; if you have cotton loops, purchase vinyl covers to make them easier to clean in between clients.

- If your clients are willing, suggest that they purchase their own loops.

4

Consider your own use of Personal Protection Equipment (including masks, gloves, and clothing).

- Implement mask use for all clients. Let your clients know that if they feel uncomfortable or claustrophobic using the mask, they are welcome to step outside, remove the mask and breathe for a few minutes during the session as needed.
- [OSHA has detailed guidance on preparing your workplace](#) including the use of PPE (refer to page 14).
- The World Health Organization has advice on [when and how to use masks](#) in the context of COVID-19.
- You can access [additional information](#) at the CDC website.

5

Practice proper hand-washing and hygiene protocols.

- Hand-washing is an important protection against COVID-19. The [CDC has information](#) and details, including downloadable flyers to post in workplaces and restrooms.
- Hand sanitizer should be readily available upon entering the studio.
- Clients should be asked to re-sanitize their hands during the session if they touch their face, sneeze, cough or need to use a tissue during the session. Instructors should also use hand sanitizer frequently during sessions.

6

Consider your booking practices and make scheduling changes to allow time for sanitization procedures. Recognize social distancing recommendations that limit the number of people in one space at one time. Re-evaluate your cancellation policy and protocols if a client shows signs of illness.

- Consider spacing your appointments so you have adequate time to clean. Minimize interaction with multiple people in the reception area.
- Consider asking your clients to wait in their cars until their designated appointment time. Call or text them when the previous client has departed, studio equipment has been cleaned, and high contact surfaces have been properly disinfected.

7

Implement pre-appointment communications to minimize contact during check-in and check-out, and demonstrate your commitment to the health of your clients and yourself.

8

If you work with other Pilates professionals or service providers, consider any necessary updates to your HR and staffing policies. If you are an employee, carefully review any guidelines you will need to follow.

- [OSHA's guidance has information and guidance](#) around staffing and HR policies.
- The CDC has provided a [tool for businesses](#) to assist with reopening decisions to help protect vulnerable workers.

9

Post signage in waiting rooms and common areas to explain your policies on social distancing, hand-washing, and any protective equipment you expect your clients to use.

- The [CDC has downloadable](#) signs to post in common areas as reminders.

We encourage every Pilates professional to use their best professional judgment about their ability to accept and care for clients in a way that follows their state, CDC and OSHA guidelines. We are continuing to work on updates and will be providing you with additional information for protecting both yourself and your clients as it becomes available.

As you plan cautiously for when you will begin seeing clients again, the [Pilates Method Alliance](#) is here for you. We have built a suite of resources to help guide and support you through this time.

ADDITIONAL RESOURCES HERE