

Safety Plan

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balance in motion

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Introduction

Pilates North is looking forward to welcoming our clients back to the studio for in-person classes. In anticipation of our re-openings, we have implemented numerous changes to our policies and our physical space in order to assist in a safe return for everyone. As we navigate the pandemic over the next few months, our policies and protocols will be adjusted from time to time as required to comply with Government mandates or easing of restrictions. Kindly review the attached document for details and be sure to visit the document regularly for updates.



Physical Distancing

- The overall studio capacity will be reduced by more than 50% from pre-COVID levels.
- We will be restricting pre-registered groups to our front two studios which will be dedicated to our “blended” equipment classes (Reformer/Chair with mat for warm-up / down).
- Each group class will have no more than 6 clients at a time and equipment has been set-up to allow for 6 feet of physical distancing.
- Trainers will be required to be masked when instructing unless they can maintain at least 6ft distance from clients.
- All classes and appointments will be scheduled for 55 minutes. During this time clients must disinfect their dedicated equipment before they start exercising and when they are finished exercising.
- With restricted classes sizes and reduced capacity, there will be enough space, for the safe and spacious transition of clients in and out of the studio.
- There will be markings on the floor to indicate where clients should stand while communicating with the front desk in order to maintain 8 feet of physical distance. There will also be markers placed throughout the waiting areas and hallways to ensure proper social distancing.
- The reception area has been cleared of seating to allow for a 10 foot wide hallway for those who require access the bathrooms.
- All payments and inquiries can be submitted / processed online to avoid personal contact with front desk.

Sanitary Enhancements

- Surgically Clean Air Filters have been installed and have undergone independent quality testing. These systems are used by dentists, major league sports facilities, and large offices to clean the air from impurities and viruses. We can verify that fresh air is circulated throughout the studio at least every 6-10 minutes. <https://surgicallycleanair.com/>
- Four touchless hand sanitizer dispensers are spaced throughout the studio for ease of use. Bathroom sinks are equipped with touchless soap dispensers. There will be hand sanitizing pumps in each studio for use during classes.
- Textured plastic covers that can easily be cleaned have been installed on the wood platform of the Reformer machines.
- Vinyl covers that can be easily cleaned will be used on the hand straps of the Reformers.
- Equipment will be continually cleaned with Optiwipes which deliver broad spectrum disinfection within a one minute contact time. <https://www.scican.com/products/cleaners-disinfectants/optim-33-tb/>
- We have removed most small props from the syllabus for the initial return to studio classes, with the exception of the vinyl pillows and sticky pads which can be easily wiped down.
- The water cooler will not be available for use.
- We will continue to have professional cleaners in the studio twice per week for deep cleaning.
- Staff will monitor cleaning of equipment and will provide extra wipe downs when required, as well as monitor and clean all door handles, bathroom faucets, light switches, and other high touchpoint areas.

Pre-Entry Screening

Until further notice, an [online Covid assessment](#) must be completed before every visit to the Studio. A link to the assessment is available on confirmation emails and outside studio.

1	Do you have any of the following new/worsening symptoms? (Symptoms should not be chronic or related to other known causes or conditions.)	
	Fever or chills	Decrease of loss of smell or taste
	Difficulty breathing or shortness of breath	Nausea, vomiting, diarrhea, abdominal pain
	Coughing or barking cough (croup)	Extreme tiredness
2	In the last 14 days, have you travelled outside of Canada AND been advised to quarantine (as per the federal quarantine requirements)?	
3	Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)? <i>*This can be because of an outbreak or contact tracing.</i>	
4	In the last 10 days, have you been identified as a "close contact" of someone who currently has COVID-19? <i>*If public health has advised you that you do not need to self-isolate (e.g., you are fully immunized* or have tested positive for COVID-19 in the last 90 days and since been cleared), select "No."</i>	
5	In the last 10 days, have you received a COVID Alert exposure notification on your cell phone? <i>*If you have already gone for a test and got a negative result, select "No." If you are fully immunized or have tested positive for COVID-19 in the last 90 days and since been cleared, select "No."</i>	
6	In the last 10 days, have you tested positive on a rapid antigen test or a home-based self-testing kit? <i>If you have since tested negative on a lab-based PCR test, select "No."</i>	

If you answer **YES** to any of the above, please **DO NOT ENTER THE STUDIO.**

Self-quarantine (for 14 days) and refer to our missed class policies.

As part of the sign-up process for in-studio classes, we will ask that clients complete a waiver to be kept on file which acknowledges that their attendance at the studio is welcomed as long as they are healthy and are observing our new studio policies. Despite all of the safely precautions being taken, they will also be accepting that there are additional risks associated with attending in-person classes during the COVID-19 pandemic.

Studio Flow and Procedures

Arrival at the Studio

Clients may park either in the front or the back of the studio. Clients are asked to wait in their cars and not to enter the studio until **5 minutes** prior to class time. Due to the restrictive scheduling, clients may not be allowed to enter the studio if they are running late.

Masks

A mask must be worn at all times when entering the building and while moving about the Pilates North studio. When clients are safely positioned on their dedicated equipment, masks may be removed to exercise. Prior to cleaning equipment and leaving at the end of class, masks must be put back on. Link: [York Region Mask Order](#)

Hand Sanitization

Upon arrival and before entering their designated training space, clients must sanitize their hands at one of the four available touchless hand sanitizer stations or by using their own hand sanitizer.

Change Rooms / Bathrooms

Clients are asked to arrive at the studio in their workout clothing in order to minimize use of the change rooms. Bathrooms should only be used when it is absolutely necessary. If the bathroom is occupied, clients can wait in one of the change rooms until it is free (to avoid queueing up in the hallway).

Personal Belongings

Small purses and water bottles will be permitted in the studio and should be placed in the beside clients' individual workout spaces. Cell phones must be switched to silent mode and remain in clients' purses. Shoes and jackets can be tucked into the cubbies outside the training rooms; the available cubbies will be spaced so that clients can keep distance when gathering their belongings. Clients are asked to leave all large gym bags at home or in their car.

Studio Flow and Procedures (continued)

Training Spaces

Upon entering the training space, clients must use the disinfecting wipes provided to wipe down all of the touch points of their space. The wipes can be disposed of in the touchless garbage bins located in the room. After cleaning is completed, clients should position themselves on their dedicated mat/equipment and remain there for the duration of the class at which time masks may be removed. Trainers will maintain a safe distance from clients and will refrain from tactile cueing.

Socializing

Clients must refrain from hanging around the hallways to chat with friends or instructors before and after class. We all long for this interaction, but we require the halls to be cleared so we can welcome the next group of 6 into the studio space.

Class Participation

Clients are asked to follow our in-class procedures throughout the duration of their session which will be outlined by the instructors. These will include direction on how to get on and off the equipment and where and how to store personal belongings. The instructors will keep to a strict schedule and monitoring the sanitization of the equipment and training spaces.

Class Outlines

In keeping with the studio training philosophies, In-studio equipment classes during this phase will be combined with core-focussed virtual classes via Zoom such as CoreBall, Mat (Intermediate and Flow), Barre, and Stretch.

Studio Equipment Classes will be low impact with a focus on lengthening and strengthening muscles using spring tension in order to avoid the increased dispersion of droplets that can result from higher intensity exercise. Reformer/Chair classes will mainly focus on equipment work with some mat time for activation and warm down before chair work.

There will be no use of small props in our equipment classes.

New Group Policies

Missed / Rescheduled Semi Groups

Virtual classes can be rescheduled up to 24 hours prior to the class start time, after which time the class will be counted toward the pass. Studio classes cannot be rescheduled. During our re-opening and for the foreseeable future, studio availability and class sizes will be restricted. As a result, there will be no refunds/credits for missed studio classes. Clients who miss a studio class will be permitted to one free virtual class during the session as a makeup. All private training must be prepaid. Cancellations within a 48 hour period will count towards your package.

Online Class Expiry

Virtual class passes will expire at the end of the session as indicated on each Pass. Any unused classes cannot be carried forward to another session.

Absence due to COVID-19

Clients who have contracted COVID-19 (or are concerned they may be at risk) are asked to stay at home, advise the studio via email, and seek medical advice. We will make every attempt to fill clients' reserved spaces in order to provide some credit for clients to use when they can resume workouts. These credits will be applied to virtual classes only.

Adherence to Studio Procedures

Clients who do not follow the new studio procedures will be removed from studio classes. Should this occur, the remaining classes will be issued as a virtual pass which can be used within the current session.

Class Schedules

Due to the fluid nature of the pandemic, class times, instructors, and schedules are subject to change. Should a studio group/private or virtual class be cancelled, or the studio closed on orders from Public Health Ontario, clients will be provided a virtual class credit for the missed classes. Credits must be used during the session dates. Virtual class can be cancelled up to 48 hours prior to the start time. Should this occur, any client with a reservation will be able to rebook a virtual class within the current session.

Proof of Vaccinations For Fall Sessions (Sept 11 -Oct 25, 2021)

At Pilates North we have been monitoring the advice of the Ministry of Health and public health officials regarding the requirement that only fully vaccinated individuals should partake in indoor athletic and fitness group activities. Shortly over 80% of Ontario adults will be fully vaccinated, and this is consistent with the widely held view that vaccination is the most important way that individuals can protect themselves against COVID-19. We have implemented a number of safeguards in our studio to support a safe environment for our clients and we believe that as a temporary measure, requiring all participants in group classes to be fully vaccinated is in accordance with ensuring a safe environment for everyone. For this reason we will be asking all participants in group classes to provide evidence that they are fully vaccinated as part of the enrollment process for in-studio classes starting this September. We will continue to provide virtual class options to all clients in September and beyond.

Further Reference Below are links to orders and guidance being provided by the Federal and Provincial governments.

1. [York Region Public Health Safety Measures](#) - York Region
2. [O. Reg. 364/20: RULES FOR AREAS AT STEP 3](#) - Ontario Law
3. [Vacinated against Covid, what does this mean for me?](#) Federal Government
4. [Covid in Ontario](#) - Ontario Ministry of Health
5. [COVID-19 Screening Tool for Businesses and Organizations - OMH](#) (Aug 24)
6. [COVID-19 Screening Tool for Businesses and Organizations - OMH](#) (Aug 27)

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