

COVID Protocols

The practice of physical distancing is mandated and will continue for an unspecified period of time, until collectively we are confident that these measures are no longer needed.

We will be implementing the following parameters for attending yoga with us at Radiant Health Yoga.

- **DO NOT ATTEND IF:** I think we all know the drill, but just in case ...
 - If you are sick, have a fever or any symptoms of COVID
 - If you have traveled or have been exposed to someone with COVID
 - stay home and do a virtual class instead
- **REGISTRATION:** You MUST preregister / prepay for ALL classes. No drop ins.
 - This avoid us turning people away as class sizes have been temporarily reduced, capped at 8 people.
 - Attendance is restricted to one class per day, no double dipping at this time.
 - Preregistration also removes the need for the check in computer, hence eliminating one more thing we need to touch.
 - We will check you in upon arrival. Please present yourself to Front Desk Staff
 - Once checked in please get settled into the studio room promptly, and then remain on your mat.
 - No socializing in the lounge areas - sorry.
- **EARLY CANCELLATION:** IF you cannot attend a class that you have registered for please cancel your registration at minimum two hours before class begins to avoid a penalty.
 - This permits others to register for the class if they wish.
 - IF you are a no show then a \$10 penalty fee will be issued, or you will lose your class. Whichever is applicable.
- **ARRIVAL:** Do not arrive for class any sooner than 15 minutes prior to start.
 - This reduces the interaction of people between classes, as one class leaves and the other arrives.
 - It gives us time to sanitize the room and all equipment between classes.
 - Maintain a distance of 2m
 - Wash your hands after touching fixtures, handles etc.
 - Hand sanitizer is available at the front desk and in each room.
- Showers are off limits until further notice.
- Class sizes have been capped. The Sun Room is 8, The Crystal Room is 7.
- **MASKS:** Do note that according to WHO, masks are not considered appropriate when exercising, therefore no mask is required when you are on your mat.
- **CLEANING:** We have purchased a natural Thyme Oil based disinfectant that is approved by the Government of Canada to kill COVID. Follow the link for more information on [Benefect Decon 30](#)
 - The room will be fogged with Benefect Decon 30. Any props that may have been used will be cleaned, door handles, light switches etc. will be wiped down with Decon 30.

Thank you for your consideration, patience and support. If you do have a question or concern please email Katherine at amazing@radianthealthyoga.ca

You are amazing, remember that.