

# COVID Protocols

We have implemented the following safety 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
- **MASKS:** Are to be worn when you enter the studio. Once you are settle on your mat the choice is yours whether to wear your mask throughout class or not. Do note that according to WHO, masks are not considered appropriate when exercising, therefore no mask is required when you are on your mat.
- **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.
- **CLEANING:** We wipe down all props after each class and wipe down all high touch surfaces. The room is then fogged with an approved disinfectant to clean the air, the floors and general surfaces.

Thank you for your consideration, patience and support. If you do have a question or concern please email us at [amazing@radianthealthyoga.ca](mailto:amazing@radianthealthyoga.ca)

**You are amazing, remember that.**