

# Ashtanga Yoga Vancouver Inc. COVID-19 Re-entry Plan

## **LIMIT OCCUPANCY to MAINTAIN PHYSICAL DISTANCING**

Yoga mats are placed 2 metres apart from neighbouring students. This allows for up to 6 mats in the space with room for up to two teachers. Each student will have a practice zone, 2 metres apart from other students. Practice zones are marked with tape. Look for the markers on the floor. Place your mat so the marker is centered with the top of your mat. We will face to the NORTH when we practice. If arriving first to the studio for a class, please fill in the mat spot starting with #1 - #6. There is a map at the studio to follow and the teacher will guide you.

AYV has organized a booking system for students. Practitioners are assigned a weekly practice day and with a time slot for their practice. Practitioners who wish to practice at the studio will have one studio selection each week.

Students will be practicing with approximately the same group of students during their practice to minimize exposure to many people when practicing within the studio.

All classes will also be simultaneously taught online via ZOOM so all practitioners can attend virtually if they choose.

## **POST SIGNS:**

AYV has postage at the entrance to notify students and staff that they should not enter if they exhibit any signs of any type of illness, including colds, coughs, chills.

Signs are posted at the studio to make students aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe bathroom handles and knobs and counter after use as well as disinfect their practice zone), and any other instructions and limitations, as applicable.

## **MANAGE STUDENT FLOW:**

Students will be directed to enter, one at a time, into the space.

There will be one student in the foyer area at a time.

Students will enter the studio to the left of the shoe cubbies and exit to the right of the shoe cubbies. This is all marked with appropriate signage.

Please maintain physical distancing by staying on your mat during your practice.

Waiting students will stand 2 metres apart outside or wait in their cars until their yoga shift begins or the studio has a spot available.



Please exit the studio promptly.

No drop-in option is available during this time. You must contact us before you come to practice to reserve your spot.

**STAY HOME IF YOU ARE SICK:**

Yoga teachers are required to self monitor for signs of any illness and COVID-19. Staff who have symptoms of the illness or sickness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise) will not work.

Please use the BC health assessment to check your health:

[https://bc.thrive.health/?utm\\_source=YYOGA+COMMUNITY&utm\\_campaign=2ce1133c01-EMAIL\\_CAMPAIGN\\_2019\\_02\\_08\\_07\\_47\\_COPY\\_02&utm\\_medium=email&utm\\_term=0\\_ed9f0dd417-2ce1133c01-189969890&mc\\_cid=2ce1133c01&mc\\_eid=65822f8585](https://bc.thrive.health/?utm_source=YYOGA+COMMUNITY&utm_campaign=2ce1133c01-EMAIL_CAMPAIGN_2019_02_08_07_47_COPY_02&utm_medium=email&utm_term=0_ed9f0dd417-2ce1133c01-189969890&mc_cid=2ce1133c01&mc_eid=65822f8585)

Students are asked to stay home if they are sick and/or have symptoms of the illness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise).

If anyone in your home is exhibiting these symptoms, students and staff will stay home.

If teachers or students are exposed to someone with COVID-19, they are asked not to return to the studio for at least 14 days.

If anyone in teachers' or students' families have travelled outside of Canada, they are asked not to return to the studio for at least 14 days.

When in doubt, teachers and students are asked to stay home.

**CONTACTLESS FORM OF PAYMENT:**

AYV will use contactless forms of payment and check-in. No cash is accepted during this time. Interac or credit card online. All waivers will be filled out online to eliminate the use of pens and clipboards at the studio.

**USE APPROPRIATE DISINFECTANTS:**

AYV is using Lysol Multi Surface Cleaner, disinfecting wipes, solution, Microban 24 hour cleaner, and Clorox cleaner to clean the yoga studio. All these products and any other products used are on the approved list on Health Canada's Website.

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

**PROVIDE HAND SANITIZER:**

AYV will provide hand sanitizer as well as a hand washing station for their clients.



## **MASK PROCEDURES**

All teachers will be wearing masks while teaching for the time being. Mask wearing for student is by personal choice.

## **KEEPING THE SHALA CLEAN:**

Students will be provided with wipes and/or spray and paper towels to disinfect their practice space after they practice.

Students are asked to bring as few personal effects (bags, accessories) with them as possible. If possible, students are asked to change at home and use the washroom before they come to the studio. Students are asked to bring their clean yoga mat to practice daily. No mats will be stored on the premises.

The toilet is open but please use only if necessary. If using the washroom, students will wipe toilet handles, door handles and sink handles and counter after. This allows the teacher to remain in the room teaching the students at the shala as well as watching the online students on the screen.

There will be no shared mat spray available to clean mats. Students are asked to be extra diligent with keeping their mat clean. Students are encouraged to use a cotton mat for on top of their rubber mat as cotton mats are easily washable.

AYV has discontinued use of reusable hand towels, cloths and yoga mat cloths. AYV is NOT providing any shared props, mats or equipment. Students are able to borrow props for home practice for the duration of COVID-19. No personal props will be shared or stored at the studio.

All students MUST provide their own yoga mat, props and equipment. Yoga Mats will no longer be stored at the shala.

Teachers will wipe down all high touch areas after their class including door handles, faucets, washroom basin, entryway bench and any other surfaces that have been used. Teachers will follow the cleaning list that is posted at the studio. In the evenings, the studio will be deep cleaned.

## **ENCOURAGE PHYSICAL DISTANCING AND DISCOURAGE CONGREGATING:**

Students are encouraged to conduct their workout and exit the facility without unnecessary delay.

As recommended by WorkSafe BC, there will be no hands-on adjustments during this time. Teachers will continue to address students as individuals through creative means - emails, mini video, verbal or demonstrations.

## **GROUP CLASSES:**

During class, students are able to remain two metres from one another at all times during a class.



Students are asked to stay in their practice “zone.” Teachers will also remain 2 m from students when teaching the student individually.

**ONLINE VIRTUAL CLASS OPTION:**

All AYV classes will be offered simultaneously online so any patron can attend online rather than in person.

**LED CLASSES:**

For the time being, led classes will be held virtually.

