



COVID-19 Policies and Procedures

All policies in this document will be effective as of August 31, 2021 and will remain in place indefinitely. Individual policies will be modified or discontinued as prudent over time.

1. Sessions and Classes

- Privates, Semi-Privates, and PT
 - i. Privates and Semi-Privates will be performed in separate rooms *as scheduling allows*. Clients and instructors can choose to wear a mask if fully vaccinated. If a client or instructor is not vaccinated, they are required to wear a mask during all sessions. We recommend a soft and breathable face covering such as a surgical mask.
 - ii. We will have admin team coverage while open.
- Group Classes
 - i. Clients that are fully vaccinated can choose to wear, or not wear, a mask
 - ii. Classes will be 50 minutes in length to allow for cleaning and decrease co-mingling between sessions
 - iii. Classes will be discontinued for lack of enrollment and attendance
- Online Classes
 - i. We will continue to offer live-streaming classes
 - ii. We will continue to offer the on-demand platform
- Waivers
 - i. All clients will be required to complete a waiver prior to their first visit back to the studio. Waivers will be sent electronically prior to first visit

2. Common Areas and Start Times

- i. All classes and sessions will be limited to 50 minutes duration to allow time for cleaning and sanitization between clients and also to avoid commingling between sessions.
- ii. We would appreciate it if clients waited until 5 min before their session to arrive at the studio. Please wait in your car or outside the studio until 5 minutes prior to class/session time if able.
- iii. No more than 3 people are allowed in the lobby at one time. If the lobby is already at capacity, please wait until other clients have left.
- iv. Clients should avoid bringing guests, children, etc. to wait for them in the lobby during their session.
- v. Clients cannot remain in the lobby to socialize etc. after their session is complete.



3. Personal Protective Equipment

a. Employees

- i. All employees that are fully vaccinated can choose whether to wear a mask. If an employee is unvaccinated, they are required to wear a mask throughout the entirety of sessions, per CDC guidelines.
- ii. Disposable Gloves
 - i. Employees are **not required to wear gloves at all times**, as frequent handwashing and sanitization is more consistent and effective at preventing microorganism spread.
 2. Employees may elect to wear gloves at all times, as long as sanitary practices are followed regarding sanitizing and changing gloves as needed (described below).

b. Clients

- i. All clients that are fully vaccinated can choose whether to wear a mask. If a client is unvaccinated, they are required to wear a mask throughout the entirety of their sessions, per CDC guidelines.
- ii. Disposable Gloves
 1. Clients who enter the studio wearing disposable gloves will be asked to sanitize or change their gloves in the studio.

4. Hand-Washing and Sanitizing

- Employees and clients are required to wash their hands or use hand sanitizer upon:
 - i. Entering the studio
 - ii. Using the restroom
 - iii. Beginning a session
 - iv. Ending a session
 - v. Touching the face
 - vi. Touching common area equipment (computers, iPads, etc.)
- To be effective, handwashing must use soap and be done for a minimum of 20 seconds.
- Alcohol-based sanitizer is an effective replacement for handwashing. Alcohol-based sanitizer can be used on nitrile gloves to sanitize them.
- Clients will be asked to wash their hands or use sanitizer upon entering the studio.
- We will not have common area equipment available for clients to use (sign-in iPads, etc.)
- We will continue to use the digital facesheet, but we will either fill it out for the client or email a link to the client for them to complete on their own device.

5. Social distancing



- We will encourage clients to maintain 6'-8' distance from each other throughout the studios.

6. Symptoms

- Employees should not come into the studio if displaying any of the following symptoms:
 - i. Coughing
 - ii. Loss of taste or smell
 - iii. Runny Nose / Excess Mucus
 - iv. Fever
- Employees who display any of these symptoms will be sent home.
- Clients will be advised not to come into the studio with any of the same symptoms.
- Clients who display any of these symptoms will be required to leave as well.

7. Cleaning and Sanitizing

a. We are following the [CDC guidelines](#) to clean equipment first with soap and water as recommended by the CDC.

- All Reformer straps have been laundered and/or replaced before opening. We will have new straps available for clients to purchase.
- The studios have been thoroughly cleaned and disinfected prior to reopening.
- We will use soap and water or equivalent for common area surfaces and equipment.
- Instructors are required to clean and sanitize all equipment, props, etc. that were used by or touched by clients in their sessions using Clear Gear after each session.
- The Admin team is responsible for sanitizing common area surfaces and equipment at the end of each shift and every hour as needed during the shift.
- The entire studio will be cleaned by our Cleaning Provider on the normal schedule.

8. Reporting

- All employees are required to immediately communicate any report of symptoms or COVID-19 exposure/diagnosis of an employee, contractor, or client to Management via Slack.
- Employees are not permitted to discuss this information with anyone else.

9. Additional Info

- The studio will also have individual straps/loops available for purchase in the studio for \$40/pair. Supplies are limited.
- You can also find additional resources here: <https://saltandhoneyus.com/>
- Above supplies must be taken home after each session. At this time we will be unable to store them on site.