

**West Coast Pilates and Health Inc.**

**COVID-19 Safety Protocols and Procedures  
UPDATED DECEMBER 9<sup>th</sup>, 2020**

**MASKS ARE MANDATORY AT ALL TIMES INCLUDING:  
**PARKNG LOT - COMMON AREAS - WASHROOMS - STUDIO****

**Entering and Leaving the building and studio to ensure Physical  
Distancing**

- Wait in your car until your class time. Your instructor may arrange a group text to let you know when to come in. You will NOT be able to wait outside the front door of the building or the lobby.
- Participants are required to read the revised **ENTRY CHECK FOR VISITORS** before entering the studio.
- Enter the studio from the **FRONT door**, remove your shoes and go directly to your reformer space. Place your shoes on the plastic tray provided and place your keys, phone, glasses etc. in the small basket provided.  
**Sanitize your hands with the cleaner provided in each tray**
- At the end of class, **sanitize your hands with the cleaner provided in each tray**, gather your belongings, and immediately EXIT the studio through the **REAR door** and leave the building immediately.

**This will facilitate a one-way flow that avoids unnecessary crisscrossing and avoiding any congregating or crowding.**

- If you need to use the washroom after class, you are required to walk around the building and re-enter through main door of the building.  
**Washroom facilities are within the Common area not within the confines of West Coast Pilates and Health Inc.**

## **Studio Arrangements to ensure Physical Distancing**

- Reformers have been moved and the studio has been rearranged to provide the necessary 2m distance between each client.
- A plastic tray for shoes and belongings has been placed underneath each reformer. **There will be no hanging of garments on the hooks by the FRONT door.**
- **Sani Hands** (hand sanitizer approved by Health Canada and effective against COVID-19) will be provided at each Reformer as well as at the Front door of the studio.

**Please bring as little as possible into the studio.**

- The water jug and cups have been removed. You are welcome to bring your own water bottle for use during class.

## **Enhanced COVID-19 Cleaning Protocol**

- **Pure Disinfectant** (approved by Health Canada for cleaning of hard surfaces and effective against COVID-19) will be used after each class for all cleaning including equipment and props.
- All cleaning will be the responsibility of the instructor in order to achieve consistency.
- All instructors have been trained on correct cleaning and disinfecting of all the apparatus.
- Doorknobs will also be cleaned following each class.
- Due to the required COVID-19 cleaning protocols between classes **Classes will be adjusted from 60 minutes to 45 minutes.**