

West Coast Pilates and Health COVID-19 Procedures

Studio arrangement to ensure physical distancing

- The reformers have been moved to provide the necessary 2m distance between each client. As a result, the mat area has been eliminated. Mat converters will be used for the mat portion of the class. They will be removed and placed underneath the reformer for reformer work. Clients will be able to safely use the tower for standing work and still maintain the appropriate distance.
- 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 door.** A small basket containing **Sani Hands** (hand sanitizer approved by Health Canada and effective against COVID-19) will also be available for each of you. You may wish to place items such as keys, phones and glasses in this basket. **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.
- There will be one bathroom key for women, and one for men, available. **However, the washroom facilities are PUBLIC and will NOT be cleaned by WCP. We encourage you to only use the bathroom if absolutely necessary. Clients will use them at their own risk.**
- You may bring a small hand towel to place on the black pad under your head if required.
- Masks and gloves will not be supplied by WCP, but you are welcome to bring your own if you wish.

Entering and Leaving the Studio to ensure physical distancing

- Please wait in your car or outside the building 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 in the foyer.
- Upon arrival to the studio, please remove your shoes and go directly to your reformer. You can place your shoes on the plastic tray provided, place your keys, phone, glasses etc. in the small basket, and **clean your hands.**
- At the end of class, you can **clean your hands**, gather your belongings, exit the studio through the **back door** by the windows, and leave the building by the back door leading to the parking lot. **This will keep everyone moving in a one-way flow that avoids unnecessary crisscrossing as well as avoiding any congregating or crowding.**
- If you need to use the bathroom after class, you will have to walk around the building and reenter through the side door. No one is to EXIT through the front door.

Enhanced Cleaning Protocol

- All cleaning will be the responsibility of the instructor in order to achieve consistency.
- **Pure Disinfectant** (approved by Health Canada for cleaning of hard surfaces and effective against COVID-19) will be used to clean reformers, mat converters, pads, props, and doorknobs following each class.
- Because of the required cleaning protocols between sessions, **all classes will be adjusted to 45 minutes in length from the current 55 minutes.** This means that we will start class right on time, and keep a good pace in order for everyone to have a full session. Because we won't really have time for socializing, and there will be minimal movement about the studio during the class, we're confident that everyone will enjoy the same number of exercises.

MOST IMPORTANTLY

Upon arriving at each class clients will be asked specific questions to assess for COVID-19 symptoms and must answer NO to all to proceed with class:

1. Do you have a cough, fever or difficulty breathing?
2. Have you travelled outside the province in the last 14 days?
3. Have you been in contact with anyone who has tested positive for COVID -19 in the past 14 days?