



Ascend Movement Studio Protocols

January 4, 2021

What we are doing to keep us all safe:

- **CLASS SIZE:** Our studio space has a max capacity of 7 people, we will continue to cap classes at 4 people + 1 instructor.
 - This will provide 11 sq meters/person (current provincial guidelines require 7 sq meters/person)
- **STUDIO SET UP:** Square 2m x 2m mats are set up in each of the 4 corners of the studio. This is your personal movement area and ensures that you will always be at least 2.5 meters away from all other participants.
 - Equipment for sessions set up and sanitized prior to the start of each session
 - Each station will have a spray bottle and clean cloth for sanitizing equipment before and after your session.
- **PARTICIPATION OPTIONS:** Most classes will be streamed online with recordings provided.
 - Classes may have an in-studio and online option or may have an online ONLY option.
- **CLEANING PRACTICES:** All frequently contacted surfaces (door knobs, entrance, bathroom taps/toilet) will be wiped prior to and after each group session, equipment and props will be disinfected, washed (laundry or hand wash with soap and warm water) or quarantined (between users, bathrooms cleaned fully daily, and full studio clean weekly).
- **SCHEDULING:** Group classes will be scheduled a minimum of 30 minutes apart (individual sessions a minimum of 15 minutes apart) to ensure clients can arrive and depart without any cross-over between groups, adequate time to clean and ventilate the space (using HVAC, exhaust fan, and doors when weather allows).
- **STAY KIND AND ADAPTABLE:** We are happy to work with you for alternatives if you find yourself in need of alternative options for participation or your comfort with the situation changes.

What we ask you to do:

- **STAY HOME IF SICK:** If you are sick in any way please stay home. Contact us if you are well enough to participate online and we will make arrangements for you to join via zoom.
- **PRE-SESSION COVID SCREEN COMPLETION:** Covid-screening questionnaires will be sent automatically to your email 12 hours prior to the start of your session. Please be sure to complete this before the class (takes less than a minute). We will have paper copies to complete in our entry way if you are not able to complete electronically. Please contact us and stay home if you have a positive questionnaire.
- **COME DRESSED FOR SESSION:** Our bathroom is open but we would like to minimize traffic throughout the studio and bathroom so please come dressed to participate if possible.
- **KEEP PERSONAL ITEMS IN CAR:** If possible bring only what you need for session into the studio.
- **MASKS:** Please put on your mask before entering the building and until you have returned outside to parking lot. Masks need to be worn during all movements throughout the studio and are highly encouraged throughout the session. You may take masks off while at your station if breathing is impaired or to have a drink of water.
 - I find disposable masks much more comfortable for speaking and moving in, so disposable masks will be provided to all who need or want a mask.
- **HAND HYGIENE:** Hand sanitizer will be provided in the entry way, please use before entering studio and again as you depart.
- **CLEANING EQUIPMENT:** 500ppm Bleach solution will be mixed the day of the sessions and will be supplied at each station. Please wipe all HARD equipment with bleach solution (weights, TRX handles, dowels). Massage balls, tubing and yoga blocks are to be placed in bin for washing with soap and water.
- **STAY KIND:)**