

# Safety Plan for Phase 2 Opening of Pilates from the Inside Out:

## Precautions for instructor/owner:

1. I am the only employee, so limiting employee to employee contact is n/a.
2. PPE, specifically cloth masks, will be worn by me, the instructor, at all times.
3. Handwashing will be required before and after every client/group class.
4. Frequent cleaning of high touch areas will be completed between every client/class (e.g. door handles, bathroom fixtures, fitness equipment, etc).
5. Full-studio cleaning (wiping down surfaces, mopping floors, cleaning bathrooms) will be completed at the close of business daily.
6. Temperature will be taken prior to the start of each work day and all classes/lessons will be cancelled if I have a fever or any other coronavirus symptoms. Likewise, I have two small children who I will screen daily. If they exhibit symptoms of coronavirus I will cancel all classes/lessons.

## Precautions for clients:

1. A sign will be posted at the entrance of the business to strongly encourage clients to wear cloth face coverings.
2. A safety video will be sent to ALL clients prior to registration for any class/lesson. A review of the main points talked about in the safety video will be posted on a bulletin board in the studio, and I (the instructor) will review them at the beginning of each class/lesson.
3. A waiver of consent will be sent to ALL clients prior to registration for any class/lesson. In this waiver, clients will agree to follow all required safety protocols established by Pilates from the Inside Out and the State of Washington.
4. Clients with serious underlying health conditions will not be permitted in classes/lessons during Phase 2.
5. No clients over the age of 65 will be allowed to attend classes/lessons during Phase 2.
6. Signage will be placed at the entrance of the studio reminding clients they MAY NOT enter if they have been diagnosed with COVID-19 are not yet recovered, if they have had symptoms of COVID-19 within the last 24 hours, or if they have had contact with someone who has been diagnosed with or is suspected of having COVID-19 within the last 14 days.
7. Social distancing requirements of 6' of separation between all clients will be maintained in the studio at all times.

- a. For semi-private (two person) lessons, reformers will be spaced 8' apart, the instructor will be on a designated mat 6' away from the reformers.
  - b. For private (one person) lessons, the instructor will be on one reformer (or mat) 8' away from the client's reformer.
  - c. For group mat classes mats will be set 6' apart prior to the start of class. The instructor will be on a raised mat 6' apart from all other mats.
  - d. For group barre classes spots will be marked on the floor with tape to guarantee 6' of distance between all clients at all times. The instructor will also have a spot marked on the floor. This spot will be where clients stand at the barre during the first half of class and also where mats are laid down for the second half of class.
8. Each client will have a designated cubby in which they will place their personal effects. Each cubby will be disinfected at the end of class.
  9. Tissues and trash cans will be placed in several places throughout the studio: upon entering, near the stereo (SE corner of the studio), and outside the bathroom door.
  10. Sanitation stations will be placed at every mat (for mat class) reformer (for private and semi-private lessons) and barre (for barre class). In each sanitation station are wipes, disinfectant spray, and hand sanitizer.
    - a. Clients are encouraged to clean their equipment prior to the start of class.
    - b. Clients are *required* to clean any equipment they used at the end of class.
    - c. Towels used to clean equipment will be placed directly into a laundry hamper and washed and bleached before being used again.
  11. Class times will be staggered with a fifteen minute gap between each in order to limit the number of clients in the studio at one time.
  12. Class times will be shortened from 60 minutes to 55 minutes to accommodate extra cleaning time for clients.
  13. Clients are required to wash their hands upon entering the studio.
  14. Group fitness classes will be limited to four people.
  15. Doors will be kept open (into the studio and into the restroom) at the beginning and end of each class/lesson.
  16. Doors and windows will remain open with fans on as much as possible to encourage airflow.

### **If a client is tested for COVID-19:**

1. Clients who were in the same class as the possible positive client will be notified.
2. Clients who were in the studio the same day (but not the same class) will also be notified.
3. An additional thorough and complete cleaning of the studio will be completed.
4. Classes will continue as scheduled.

### **If a client tests POSITIVE for COVID-19:**

1. Kittitas County IMT will be notified.
1. Clients who were in the same class with the positive client will be notified immediately.
2. All clients who attend the studio will be notified that another client tested positive and the last date they attended the studio.
3. An additional thorough and complete cleaning of the studio will be completed.
4. The studio will be closed for 14 days from the date the positive client last attended.

**If the instructor/owner is tested for or tests positive for COVID-19:**

1. Kittitas County IMT will be notified.
2. All clients will be notified immediately.
3. Additional thorough and complete cleaning of the studio will be completed (by someone other than myself).
4. The studio will be closed until the owner/instructor has recovered completely.