



COVID-19 RE-LAUNCH PROTOCOL FOR CLIENTS

Overview

This document has been created in conjunction with the guidelines as provided by the Alberta Health Services (AHS) for the COVID-19 Phase 2 Relaunch Strategy. Embody Pilates will continue to monitor and operate based on the guidelines provided and as such, any procedures and expectations of members and can be updated at any time, with expectation of 100% compliance.

Client Expectations

- All Clients will be asked to complete the COVID-19 self screening tool prior to entrance to the studio (Appendix A)
- Any Client showing symptoms cannot enter the studio and or participate
- Any Client that becomes symptomatic during an activity are required to isolate from others and return home immediately. Embody Staff will help coordinate transportation home so public transportation is not taken
- All classes and sessions must be pre-booked in advance. No drop-ins or walk-ins will be accepted
- All sessions/classes are now scheduled 25 minutes apart to reduce the traffic flow and contact with others

Common Area Protocols

- Clients are expected to maintain a distance of 2 meters from one another in the common areas
- Please come dressed to move as the Change Rooms/Lockers are closed. Should you require a change room, we ask that you use the handicap accessible washroom.
- Please hang coats on the new coat hangers at the entrance and remove your footwear at the door.
- Clients will be asked to arrive no earlier than 5-10 minutes prior to the start of class and will be asked to leave within 5-10 minutes after class. We know how social and interactive our Studio can be, but for the time being, please promptly exit and perhaps grab a coffee with your friends at Beamer's Patio downstairs



- Please refrain from wandering around the studio or touching surfaces during your visit
- We encourage you to bring your own water bottle from home and our touch-free filtered water bottle fill station is available to use
- Clients are encouraged to make purchases online or via credit or debit card at this time
- Please refrain from wearing any scents or perfume to the studio
- Masks are optional for clients with our distancing measures in place but you can expect your teacher to wear one for all private sessions and in instances where distancing cannot be maintained

Pre-Class

- Clients will arrive no earlier than 5-10 minutes prior to start of class
- Once arrived, you will be asked to confirm your answers to the COVID-19 Screening tool posted on the door
- Please remove your footwear and place in the wooden cubicles under the coat hangers in the front entrance
- You will be asked to use Hand Sanitizer. We will provide this but should you prefer to use your own, you are welcome to bring it but the staff member must witness you use it
- You will be assigned your own “training zone/pod” which contains a Reformer, Mat, Wunda Chair, & Foam Roller for classes. If you have a private session, you will be in the designated private area. You are welcome to place your wallet/ phone and keys under the Reformer. Please do not leave this area for the duration of your session.
- Clients are encouraged to bring their own theraband to mat classes or purchase their own. Should you wish to use one of the studio’s, you will be asked to thoroughly sanitize it after class.

During Class

- Due to the spacious studio, we are fortunate to be able to provide at least the recommended 2 meters distancing between each training zone. Therefore mask use will be considered optional for both the client and teacher. To the close contact in a private session, masks will be used for teachers.
- Tactile/hands on cueing will no longer be given in a group class but we will do our best to continue to offer verbal and visual corrections



- Permission will always be asked before a teacher will give tactile cues in a private session

After Class

- All participants will be guided at the end of their session on a supervised & thorough cleaning of all their equipment, mats, straps, springs, handles, bars, even wiping your spray bottle after use. We are using an approved hospital grade disinfectant and the cleaning cloth will be placed in laundry after each use
- After the clients have completed their cleaning, the teacher will further sanitize the surrounding floor area, handles, black straps, leather straps, and bars
- Door handles on Front Door and Washroom will be sanitized after each session
- Clients will be asked to use hand sanitizer before departure and promptly exit the studio

Appendix A - SCREENING CHECKLIST

If an individual answers YES to any of the questions, they must not be allowed to participate in the sport or activity.

1.	Does the person attending the activity, have any of the below symptoms:	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, returned from travel outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close unprotected contact (face-to-face contact within two-metres) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO