

## POLICIES & MEASURES - COVID-19

The cleanliness of our studio has always been a top priority, however during this sensitive time, we are taking additional measures to ensure the health and safety of our community and are implementing the following to minimize the risk of COVID-19. These additional policies will be in place until further notice.

**ALL STUDENTS MUST SIGN AN ADDITIONAL COVID-19 WAIVER PRIOR TO TAKING THEIR FIRST CLASS FOLLOWING OUR RE-OPENING,** visit [www.anioyoga.com](http://www.anioyoga.com) and click the **PRICING & COVID-19 UPDATES** tab.

Students should arrive no sooner than **10 minutes** before class wearing a face covering/mask.

After placing belongings in the change room, go directly to a spot in the practice room and place your mat in one of designated spots that have been physically distanced.

Mats will be 6 feet apart to ensure social distancing rules.

Once on your mat you do have the option to remove your face covering during the practice, but if you need to leave your mat, you must put your mask/face covering back on.

Masks and face coverings will be worn as you exit the studio.

Students will use hand sanitizer provided upon entering the studio.

Change rooms are open, along with the showers. You should be mindful to bring your own "shower footwear" and your own towel.

**No mat rental** will be available at this time, so you must have your own yoga mat.

Bring **your own props** including blocks & straps.

If possible, come wearing your yoga clothes to limit traffic in the change room.

Practice room, front desk area and restrooms will be cleaned after each class. The studio doors have been outfitted with self disinfecting handles.

For cleaning of all surfaces including the floors, we are using a disinfectant called Benefect (Hospital Grade Natural Cleaner).

**Max. 5 students in Ani O studio space and max. 12 students per class (in the larger FC studio where some classes will take place).** We will add classes as needed.

**Students MUST sign into class online** at our **website** or by using the MINDBODY app. **No drop-ins.** If you sign into class and are a no show, you will still be charged for the class. **Please be sure to cancel your booking** ahead of time if you know that you cannot make it to class in order to let someone else have that spot.

Teachers will not be offering hands on adjustments.

If you are not feeling well, including cough, fever or sore throat please stay home.

If you have come into contact with anyone who has been exposed to or has COVID-19 please stay home.

Teachers and staff will adhere to the same standards.

Do not come to the studio if you have traveled outside of Canada in the last 14 days.