

Always Pilates COVID-19 Guidance Plan – October 1, 2022

Always Pilates is so excited to be open for in-person sessions. We are very grateful to everyone who has supported us throughout this ongoing pandemic, and want to continue to provide a safe space for us to share our passion for movement together in-studio. The safety of you, your family and ours continues to be our number one priority. This has even greater importance to us as our studio is located in our home. Please note, that we continue to monitor the current situation and our plans will continue to change and evolve as necessary in order to reduce the risk of transmission of COVID-19. We commit to ensuring this document is updated as necessary to reflect any further changes as this pandemic continues to evolve and effect the health and safety of our community. Please ensure that you read this document thoroughly as there is a lot of information to review.

Note: If you are not yet ready or able to attend sessions in person, we continue to offer Virtual options with more information available on the “Services” section on our website.

General:

All sessions at Always Pilates are by appointment only. Appointments are limited to 1 client for Private sessions (utilizing both mat and equipment), and 2 clients for Duet Mat-Only Sessions (Duets must sign up together and therefore be known to each other and comfortable practicing Pilates together in our studio space). We ask that you enter the studio no earlier than 5 minutes before your scheduled start time and leave promptly after your session.

Vaccination Status:

As of March 14, 2022, Always Pilates will no longer be asking for proof of vaccination in order to attend in-person sessions. We ask that all our clients take extreme caution in assessing **all symptoms of illness** prior to attending any in-person sessions. Bernie Cathcart, owner of Always Pilates is fully vaccinated, and reserves the right to refuse studio entry to anyone showcasing signs of illness. Please see the next section on *“Illness, Symptoms & Cancellation Policy”* for further information.

Illness, Symptoms & Cancellation Policy:

In order to protect all those who use our space, clients are asked to stay home if they are experiencing any signs or symptoms of illness **of any kind**. Bernie, your teacher, will be following this same policy. Any client who arrives to their session symptomatic will be turned away and the session will be charged at the full rate. This could mean Always Pilates suspending or temporarily cancelling in-person sessions depending on the circumstances, which may occur with little to no notice. We will continue to adhere to our 24 hour cancellation policy, however, cancellation fees will be waived if you communicate symptoms of illness within the 24 hour cancellation timeline. We strongly encourage and support open communication in regards to the health and safety of our Studio community.

Attire & Personal Belongings:

Please arrive for your session ready to start, wearing comfortable clothing you can move freely in and with all required belongings (ie: dressed in your Pilates clothes and with a full water bottle). Please limit the number of layers, accessories and other belongings you bring with you to your session to only what is necessary. **Socks are required for all in-person sessions.** For safety purposes, grip socks are required for all Private classes utilizing the Pilates equipment; mat only classes may wear grip socks or regular socks. If you need recommendations for where to purchase grip socks we can provide some suggestions. We currently do not have any socks available for purchase at the Studio. Although not required, clients are free to bring their own Yoga mats to use on top of our studio mats at their own preference.

Masking & Physical Distancing:

Our teacher Bernie will no longer be wearing a mask for every session, and it will be at her discretion and/or the clients request to do so. Additionally, clients may make their own decision on whether or not they wear a mask for their session. Physical distancing will continue to be encouraged. Unless providing necessary hands-on-adjustments (for safety or form considerations), or executing equipment set ups (including spring changes), Bernie will maintain physical distancing for the duration of all in-person sessions.

Cleaning Protocols:

We continue to perform thorough deep cleanings of the Studio, and maintaining high standards of cleanliness in the space as we operate. A minimum of 15 minutes of buffer time between sessions is set aside to allow for proper cleaning of the studio and all common areas before the next appointment. Please help us to achieve this by arriving and leaving the studio on time as outlined under our "General" guidelines heading. We will ensure all high touch areas, the floor, studio equipment, and props, will be cleaned after each session. Hand sanitizer will be provided at our entry/exit point. You must sanitize your hands before entering the workout area. Our washroom is available for emergency purposes only, and all surfaces, sink and toilet will be cleaned regularly. We ask that clients sanitize their hands before re-entering the studio after using the washroom.

Studio Equipment & Props:

Always Pilates is committed to maintaining a clean space, including all props and Pilates Equipment used during our classes. Anything touched or used by a client during a session will be thoroughly cleaned and disinfected after each appointment. Props and equipment which may be used by multiple clients throughout a day at our studio includes but is not limited to mats, foam rollers, magic circles, resistance bands, balls, the Pilates Reformer, the Pilates Cadillac, the Wunda Chair, straps, handles, bars and springs. Resistance bands are available for purchase for clients who wish to bring theirs home and back to the studio for each session instead of using the shared studio bands. (Students may also bring their own band to their sessions, for which we recommend a heavier resistance band, around 48" long). We do not have the ability to store individual clients belongings at the Studio. Please refer to the "Attire & Personal Belongings" section of this document for details on sock requirements and details on bringing your own Yoga mat to the studio.

We want to thank all our clients for doing their part in supporting our safe operation while we still experience the ups and downs of this pandemic. For any feedback or questions you may have regarding this document, please contact the studio by email at bcathcart@alwayspilates.ca. As stated at the beginning of this document, the health and safety of our community is our number one priority; if you are not ready for in-person sessions please consider our Virtual offerings.

We look forward to seeing you soon, thank you.

Bernie Cathcart

Owner – Always Pilates

www.alwayspilates.ca



ALWAYS PILATES

I have read and agree to all details within this document

Name:	Signature:	Date:
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