



## SHABACH YOGA SAFETY PROTOCOLS

(as of July 2, 2020)

At Shabach Yoga, you can be sure that we will do our absolute best to protect our community and maintain a sanitary studio environment. That being said, we also strongly urge each and every member of our community to do their best to protect themselves and those around them at all times.

### NEW PROCEDURES

- **REGISTRATION:** All participants are **REQUIRED** to pre-register online for studio and virtual classes. The teacher will check you (for in-person classes). We will no longer do in-person iPad check-in.
- **ESSENTIAL OILS:** We will no longer offer essential oils at the start of class; however, oils will be available for purchase.
- **WATER:** Water bottles are permitted in class, but cannot be filled from our water station at this time.

### SOCIAL DISTANCING

- **SIZE OF CLASSES:** Classes will be sized in compliance with the limited capacity rule. At this time, in-person classes will be limited to a maximum of 9 participants plus the instructor - 10 people total.
- **PLACEMENT OF MATS:** Safe distancing practices are in order. Our floor is marked to ensure that mats are 6-8 feet apart.
- **YOGA INSTRUCTORS:** Once class begins, instructors will remain in one spot in the front of the room and will not provide any hands-on assists at this time.

### HYGIENE PROTOCOLS

- **PPE:** You must wear your mask upon entering and exiting the studio. Once on your mat, you may remove your mask for class in order to prevent lack of oxygen or hyperventilation.
- **PERSONAL BELONGINGS:** As always, shoes must be removed before entering our studio. Coats, purses etc., can be stored in the cubbies. All cubbies will be sanitized after each use.
- **YOGA PROPS:** Students must bring a yoga mat to class. We also suggest bringing a towel. We will not use community props bolsters, blocks or straps in the studio.
- **SURFACES:** Our efforts to keep our studio germ free include cleaning and sanitizing door handles, bathroom fixtures, yoga floors, shelves, and often-touched areas every day. We encourage you to wash or sanitize your hands before and after class.
- **AIR PURIFICATION:** There are three high quality air purifiers/sanitizers in the studio. Each air purifier features a HEPA filter that captures 99.97% of dust and allergens. In addition, between each class and at night we will turn on the UV-C light which kills airborne germs, while the charcoal filter captures odors.

If you currently experiencing any coughing, shortness of breath, chills, body aches, headache, sore throat, loss of smell/taste, diarrhea, fever (100+ degrees) or have been in recent close contact with a person who has tested positive for COVID 19, please remain at home and practice with us virtually.