



# SUNDANCE YOGA COVID-19 POLICY

LET'S KEEP EVERYONE IN OUR COMMUNITY SAFE & HEALTHY!

Due to covid-19, Sundance Yoga will align with AHS requirements and recommendations to ensure that we are doing all we can for the health and safety of you, and everyone in your community. **If you are sick please stay home to keep our community strong and healthy. By registering for any class you are agreeing to follow all the requirements listed below:**

DUE TO MAXIMUM CLASS SIZE OF 10, ALL PARTICIPANTS MUST PREREGISTER VIA TEXT OR EMAIL AND E-TRANSFER THE CLASS FEE

1. Please arrive no earlier than 10 minutes before the start of class.
2. Please come dressed in the clothing you will be wearing to participate in the class. We do not have change rooms.
3. The floor of the hall is marked for mat placement to ensure 2 meters of space between participants. All participants must bring and wear a mask when entering and exiting the hall where appropriate distancing may not be possible. Masks are required to be worn all times you are off your mat. Masks **can be removed** during the yoga practice.
4. Upon arrival you will be directed to your assigned spot.
5. Bring your own yoga mat, water and any other props (i.e. strap, blocks or blanket). There are no shared props available. You will not be able to practice if you do not have a mat.
6. Leave unnecessary items in your vehicle or at home. Space is limited to your assigned area, all belongings must stay there for the duration of the class.
7. The washroom is open but I encourage use only if absolutely necessary. Use of public washrooms does increase health risks. **Hand sanitizer will be available.**
8. At the end of class please stay in your assigned space and put on your mask. You will be directed out of the room so we can keep with social distancing and ensure everyone leaves safely.
9. Once you have exited the room please refrain from blocking exit pathways and leave in a timely manner.
10. Please do not linger at the end of class as I need to clean and sanitize floor of the hall as well as other high touch surfaces and bathroom.
11. If you arrive to class and are exhibiting symptoms of illness, you will be asked to leave. If you are sick please stay home to keep our community strong and healthy.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE DO NOT HESITATE TO REACH OUT TO SANDRA NEIS 780-242-3991