

# OUTDOOR CLASSES SAFETY PROTOCOLS

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## SAFETY PRECAUTIONS

- Only **9 students + the Teacher to make the allowed 10 person** outside gathering.
- Students will be directed to uphold physical distancing.
- Due to Outdoor Setting Masks do not have to be worn, however practice mats are to be placed with 2.5m distance between.
- If somebody would like to wear a mask they are welcome.
- Masks are to be worn if you cannot keep a physical distance of 2.5m.
- Clients reserve their classes online - **No drop-ins, so students who commit will perform their own self assessment prior to the class** - if unwell they must cancel the booking. The next person registered on the waitlist is permitted.
- Payments are completed virtually through our studio's **LAB Community** app or on the browser. Memberships cover the cost of this class.
- Reservations can be made 7 days in advance. **Any cancellations must be made within two hours prior to the class start-time. Late cancellations and no-shows will be charged for the class.** Those who have to cancel due to sickness will not be charged.
- We ask that anyone who has travelled outside Canada within the last 14 days, or is experiencing symptoms (shortness of breath, a new cough, fever) or is a close contact of a person who tested positive for COVID-19, **does not attend practice, and stays home.**

## ARRIVING AT THE PARK

- **Students can arrive up to 15 min early at a designated area.**
- Sanitizer Will be available for students as they arrive.
- Everybody arriving must check in with the teacher, and do a Health check.
- The teacher will use their mobile device to manually check each pre registered student in.
- Everyone must come dressed and ready to practice.
- Yoga mats, blocks, and straps, will **not** be available for use, clients are asked to bring their own equipment.
- Mats will be arranged with 2.5 m physical distance, and clients will be reminded to maintain this distance throughout the whole experience.
- Any transactions can be processed through the app, or online prior to arrival.
- Students will be directed to place personal items a safe distance from their neighbor, and to only bring the items that are necessary for practice. **Reminder: Students must turn off their phone or other technology if it's being brought to the practice space.**
- Classes are scheduled to allow for ample time to clear the area of all belongings, **the space will be left as it was found.**

## DURING CLASS

- Students are to make their way onto their mats, giving the person in front of them and beside them enough time to travel and eventually land on their space with at least 2.5 m distance between.
- Please be courteous in maintaining a 2.5 m physical distance from other students as everyone settles into their space.
- Once settled, students can choose to lay in savasana or be in seated meditation at the top of their mat.
- No partner work or activities that require physical contact will be offered.
- No Hands on Adjustments.
- If music is played it will be at a low volume so the teacher can be heard.

## AFTER CLASS

- For safety, students will exit the practice area mindfully, no rush as you roll up mats and depart - careful of keeping space.
- Students must gather all of their belongings and make their way to their vehicles without congregating.
- Sanitizer is available for use.

## ADDITIONAL SAFETY MEASURES

- Staff will not be permitted to work if displaying symptoms. And will send a self assessment form prior to a schedules class/shift
- Face Coverings are required if you are unable to keep physical distance.
- Signage will be present stating physical distancing requirements.
- Online class offerings will continue for those who prefer to keep practicing online, and all reservations and payments are to be done online.
- The area must be left as it was found.