



THE
PILATES KREWE

Health & Safety Information

Being healthy and safe is not just about protecting ourselves. It is about protecting ourselves, our families, those we care about and taking steps to protect our communities.

With this in mind, we have designed our studio policies, processes, procedures, training, and equipment from the ground up with hygiene and safety protocols from the start. We believe that COVID-19 has fundamentally changed the way we interact with one another and the businesses we frequent.

Here are the methods we are leveraging to keep you safe.

Arrival & Classes

- Contactless check-in for classes through your smartphone.
- Classes are 25 minutes apart to provide ample time for the six members to pack up and exit the studio before the next class arrives. To accommodate this, we do ask that arriving members wait to enter the studio until no earlier than 10 minutes before their class is scheduled to begin. During this 25-minute time, our instructors are busy cleaning equipment and resetting the studio.
- Temperature checks of all staff and members upon entering the studio; temperatures exceeding 99.9 degrees Fahrenheit will not be admitted. Members will be credited for their class to use at another time.
- Classes capped at six members.
- Stations are separated by more than six feet.
- Stations are sanitized at the conclusion of each class.
- Members are provided additional sanitizing wipes to re-sanitize their station before starting, as an additional option.
- Each station has hand sanitizer.
- Each station has a basket for storing personal belongings to minimize movement around the studio by members.

Individual Precautions

- Face-coverings (over the nose and mouth) are required upon entering the studio and must be worn until arriving at your assigned station.
- Face-coverings are optional but encouraged for members during instruction.
- Instructors must wear studio-issued face-coverings or an alternate approved covering at all times.
- Instructors are provided optional face-shields.

- Reduction of physical touching to guide members working on new skills; verbal cueing whenever possible.
- Liberal subbing-out policy for instructors that do not feel well.
- Ample leave time for staff that need to quarantine or recover for illness.
- Members are encouraged to bring their own towels, straps, or loops, and water bottles. The studio has towels available that are washed and bleached after use.
- Members are required to wear sticky socks.
- Please come dressed and ready for class to minimize the use of our changing area and bathrooms, and to ensure classes start and end on time.

Studio Cleanliness

- Touch-free hand sanitizing stations at the entrance and throughout.
- True HEPA in-studio air filtration cleaning the entire studio’s air volume approximately every 30 minutes.
- Vinyl covers for straps for easy sterilization with the option of members purchasing their own strap covers for a nominal fee.

Policies

- Short-term membership freeze option for members that need to quarantine or recover from illness.
- COVID-adherence waiver policy when joining and at each class booking.
- While we have a strict NO JERKS policy, we also know that right now people who have physical symptoms like coughing or sneezing cause those around them to become upset, even if those symptoms are environmental. Therefore, we will ask members with these types of symptoms to take a break from class and they will receive a replacement credit to their account. Sometimes we just have to “take one for the team.”
- Only members are permitted in the studio. For safety, hygiene, and liability reasons, we cannot allow guests, friends, or even unassuming raccoons, into the studio.

**I HAVE READ THIS DOCUMENT AND UNDERSTAND IT.
 I FURTHER AGREE TO ABIDE BY THESE POLICIES TO PROTECT MYSELF,
 OTHER MEMBERS, AND THE PILATES KREWE LLC STAFF.**

MEMBER FULL NAME: _____

MEMBER SIGNATURE: _____

DATE: _____