

# FHIIT BARRE AND BODYWORKS COVID PROTOCOLS & PROCEDURES

## STUDENTS AND STAFF

### **GENERAL GUIDELINES TO GATHER SAFELY, EFFECTIVELY AND EFFICIENTLY**

- Walk-ins are not welcome at this time. Please sign up prior to class via MINDBODY.
- All classes are 10 people or less, plus 1 teacher.
- 35 minute classes only at this time.
- Sign up online to reserve your spot. [www.fhiitbody.com](http://www.fhiitbody.com)
- If you need to cancel your session, please do so within 120 minutes prior to the class otherwise you will be charged. Early morning classes, 9pm cancellation time required. NO EXCEPTIONS.
- VALID CREDIT CARD NEEDS TO BE ON FILE FOR TOUCHLESS CHECK IN AND TRANSACTIONS
- There is a 5 person waiting list. Be prepared within 1 hour of each class to participate if a space opens.
- The spacing ensures 6.5 feet between each client's mat and workspace.
- If you do not have clean socks, there are some for purchase.
- If you do not have clean masks, there are some for purchase.

### **ENTERING THE STUDIO**

- Wear your mask to enter the studio.
- Enter the main entrance 5-10 minutes prior to class.
- Come to studio, dressed ready for class. No locker rooms available.
- Only a small personal size purse or bag is allowed to carry keys, wallet, phone, water bottle, towel, socks.
- No outside/personal equipment or personal belongings in studio.
- Take off outdoor shoes, place on shoe mats.
- Put on clean grip socks. No bare feet in studio.
- Sanitize hands upon entrance at provided station.
- Touchless check in at the front desk. Get temperature taken.
  - (First visit only: please supply valid credit card and sign Covid- waiver. Answer the questions.)
- Place your personal belongings in a plastic (8x11) orange bin provided.
- Hang up your outer wear on hooks provided if need be and take your plastic bin to your workspace in the studio.
- Once spot is secured. Gather your weights and bring them to sectioned workspace.
- Once situated, stay masked, silence your phone and set it in your bin to not disturb others.

- If need to use restroom, please stay masked and freely move about the common areas.
- If you need to blow your nose please do so in the bathroom ONLY. Discard tissues and wash hands immediately before returning to the studio/common space.
- If you have a tissues with you on the mat, please leave area to blow/wipe nose and do not place used tissues next to you on the floor in the studio while exercising. Please throw out immediately.
- \*Use the hand sanitizer after touching your personal belongings/face/eyes\*
- Please do not walk on other mats and keep social distance/face coverings from other clients while waiting for classes.
- If you need to use the restroom during class, please put on your mask, wash hands and return.
- Please leave restroom light on for the next person.
- All equipment is yours for your session.
- All equipment will be disinfected and cleaned after each class.

### **EXITING THE STUDIO**

- Masked please.
- Please use your personal towel to wipe face/head and help eliminate droplets.
- At the end of class, clean your mat, barre, any props used and wipe up any personal droplets with the disinfectant wipes supplied by the instructor.
- Please return clean weights to the weight rack.
- Please return mat to the instructed mat holder.
- Gather personal items in bin/collect coat. Use restroom. Wash or sanitize hands.
- EXIT through the front door and place used bin in the designated used bin spot for sanitizing. Take your socks with your and launder them before next class.
- We will keep the both studio doors open for fresh air during class if the season/weather permits. Once class is finished the front doors can be opened to have extra circulation and cross ventilation in the studio.

### **BATHROOM PROTOCOL**

- The bathroom door and handles will be washed and cleaned after every class.
- No matter the reason for entering the bathroom, wash your hands for 20 seconds and dry them using the paper towels before exiting
- Please do not shut off light.

## **STAFF**

- Mask during all work hours or if people are in the studio.
- Ensure all visitors entering the studio are wearing a mask. Please enforce all procedures listed above.
- Check students in for class, take temperature.
  - (First visit only: fill out Waiver, credit card on file)
- Guide each student to remove shoes, put on clean socks, (no bare feet) sanitize hands, place personal belongings in provided bin.
- Review any of the protocols with them for entering the studio and their responsibilities.
- Please sanitize personal equipment used during class.
- Please dust and mop the floor after each class and continue with other sanitation/cleaning requirements.

## **CLEANING PROTOCOLS**

- Wipe all door handles and bathroom handles/light switch after every class.
- After every class: check the bathroom and make sure the toilet and sinks are clean. Wipe down with disinfectant solution.
- Wipe door handles/light switch and empty trash containers.
- Clean lounge tables and chairs with disinfecting solutions after each use.
- Clean all used equipment in studio, light switches and door handles if opened doors.
- Wipe off headset and stereo equipment.
- Wipe off computer, desk and other touched items.
- Wipe down barres with cloths, then rinse and hang to dry.
- Dry dust mop studio floor, wet mop studio floor after every class.
- Masks are provided if needed.
- Other: MERV-13 Filters purchased for furnace.

## **INSTRUCTORS**

- There is a NO Hands-on assists policy until further notice.
- Teachers arrive 15 m prior to class.
- Enter the studio with Masks on and wear a mask during check in.
- Please wash your hands in the bathroom after entering the studio.
- Keep one the doors to the outdoors if that is an option during the class.
- Collect and clean equipment used. Place it back in instructor equipment area.