

# Ashtanga Yoga Vancouver Inc. COVID-19 Re-entry Plan

1385 West 6th Avenue  
Vancouver, BC V6H 4A3

## **April 2022**

We will continue to follow provincial restrictions as posted on provincial

Website here:

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

Masks are optional.

## **February 18, 2022**

We will slowly increase our capacity over time. Masks are mandatory when off your mat and optional when practicing.

## **January 18, 2022**

Our studio will reopen Monday, January 24th for all in-studio Mysore classes, Monday -Thursday. Classes will also continue virtually.

By order of the Provincial Health Officer, proof of vaccination will be required to enter.

As per the latest Provincial Health Orders:

- Capacity based on 7m<sup>2</sup> of floor space per person for both individual and group fitness and exercise classes. Mats spaces are marked and spaced accordingly.
- Masks are worn at all times for both teachers and students.
- Classes are Pre-booked in advance. There are no drop-in options available.
- Please show proof of vaccination status before attending class.

**STAY HOME IF YOU ARE SICK:**

\*Yoga teachers are required to self monitor for signs of COVID-19.

Staff who have symptoms of the illness or sickness (fever, cough, sore

throat, sneezing, runny nose, headache, body aches, or general malaise) will not work.

**\*In the event that class needs to be canceled if an instructor is sick, we will update the website BEFORE CLASS so you MUST CHECK THE WEBSITE ON OUR ANNOUNCEMENT PAGE before coming to class. We recognize that there is a strong likelihood, due the contagious nature of Omnicron, that we may have last minute closures and revert to virtual classes only.**

\*Patrons are asked to stay home if they are sick and/or have symptoms of the illness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise). Please complete the online self assessment tool prior to coming into the studio:

<https://bc.thrive.health>

\*If you have Covid-19, please wait a full week until returning to the Yoga studio as per BC health regulations.

### **September 4, 2021**

Our Studio will be open as of September 13th for in studio Mysore classes Monday through Thursday and ongoing virtual classes. By order of the Provincial Health Officer, proof of vaccination will be required to access gyms, and indoor high intensity group exercise. In order to comply, starting September 13th, all students must have at least one dose of a Covid-19 vaccine and by October 24th, 2021, students must be fully vaccinated to attend in studio classes. We have ongoing virtual classes at AYV.

Here are our current studio protocols:

**MASKS:**

Masks are required when entering and exiting the studio. When you arrive in your practice spot you can remove your mask for practice if you prefer. Please wear your mask when we chant.

#### CAPACITY:

Capacity will be increasing at our discretion.

#### BOOKING AND REGISTRATION

\*AYV has organized a weekly scheduled booking for clients stating their day of practice and their time slot to which they are allocated.

\*All classes will also be simultaneously taught on ZOOM so all practitioners can attend unlimited virtual classes if they choose.

\*All clients are informed when they register that they should not come if they are feeling unwell.

\*All Patrons have read and agree to AYV's covid safety protocols.

\*All led classes (which involve more talking) will be held virtually only. (No in studio sessions).

#### STAY HOME IF YOU ARE SICK:

\*Yoga teachers are required to self monitor for signs of COVID-19.

Staff who have symptoms of the illness or sickness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise) will not work.

\*Patrons are asked to stay home if they are sick and/or have symptoms of the illness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise).

\*If you are exposed to an individual who has Covid-19, please self monitor and stay home.

#### VENTILATION

\*Some windows are left partially open at all times.

\*All mechanical heating, ventilation, and air conditioning (HVAC) systems are working properly

\*Front door is propped open in warmer weather.

## **July 8, 2021**

Our Studio is open every other week throughout the summer. Please email us to join our classes. Registration is required.

Studio is open these weeks:

July 19-22

August 3-5 (For all Monday Practitioners, I will contact you to attend an extra spot to make up for the Holiday Monday)

August 16-19

Here are our current studio protocols:

### **MASKS:**

Masks are recommended and encouraged when entering and exiting the studio. When you arrive in your practice spot you can remove your mask for practice if you prefer. Please wear your mask when we chant.

### **CAPACITY:**

Expect a gradual increase of capacity every two weeks at our discretion.

We are hoping to be back to full capacity by Fall based on Provincial guidelines.

### **BOOKING AND REGISTRATION**

\*AYV has organized a weekly scheduled booking for clients stating their day of practice and their time slot to which they are allocated.

\*Patrons will be practicing with approximately the same group of

practitioners each week to keep the exposure within a social setting more contained.

\*All classes will also be simultaneously taught on ZOOM so all practitioners can attend unlimited virtual classes if they choose.

\*All clients are informed when they register that they should not come if they are feeling unwell.

\*All Patrons have read and agree to AYV's covid safety protocols.

\*All led classes (which involve more talking) will be held virtually only. (No in studio sessions).

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\*If you are exposed to an individual who has Covid-19, please self monitor and stay home.

#### VENTILATION

\*Some windows are left partially open at all times.

\*All mechanical heating, ventilation, and air conditioning (HVAC) systems are working properly

\*Front door is propped open.

May 25, 2021

AYV will reopen June 17th for in studio classes!

These are our current in studio protocols.

#### LIMIT OCCUPANCY:

Yoga mats are placed 2.5 m apart from neighbouring practitioners. This allows for 6 mats and an extra space for couples in same household. This allows for one teacher to be 2 metres from the students.

Each practitioner will have a practice zone that is designated by tape. Each zone is 2.5 metres from the other practice zone.

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\*All classes will also be simultaneously taught on ZOOM so all practitioners can attend unlimited virtual classes if they choose.

\*All clients are informed when they register that they should not come if they are feeling unwell.

\*All Patrons have read and agree to AYV's covid safety protocols.

\*All led classes (which involve more talking) will be held virtually only. (No in studio sessions).

#### MASK WEARING

Mask wearing is mandated at all times when inside the studio.

## AUDIO

\*There is no music playing at the studio during classes. Teachers speak in a normal tone.

## WATER

\*We ask that Patrons bring their own water bottles to the studio and not use the washroom for refilling their water bottles.

## SIGNAGE

\*AYV will post a sign at the entrance to notify patrons that they should not enter if they exhibit any signs of COVID-19.

\*Signs are posted at the studio to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe bathroom handles and knobs and counter after use as well as disinfect their practice zone), and any other instructions and limitations, as applicable.

## MANAGE CUSTOMER FLOW

\*Patrons will be directed to enter, one at a time, into the space.

\*There will be one student in the foyer area at a time.

\*Patrons will enter to the right and follow teacher's direction to exit.

\*Waiting Patrons will stand 2 metres apart outside or wait in their cars til their yoga shift begins.

## STAY HOME IF YOU ARE SICK:

\*Yoga teachers are required to self monitor for signs of COVID-19.

Staff who have symptoms of the illness or sickness (fever, cough, sore throat, sneezing, runny nose, headache, body aches, or general malaise) will not work.

\*Patrons are asked to stay home if they are sick and/or have symptoms of the illness (fever, cough, sore throat, sneezing, runny

nose, headache, body aches, or general malaise).

\*If anyone in your home is exhibiting these symptoms, patron and staff will stay home.

\*If you are exposed to someone with COVID-19, Please do not return to the studio for at least 14 days.

\*If anyone in your family has travelled outside of Canada, please do not return to the shala for at least 14 days after your date of return.

\*When in doubt, teachers and patrons are asked to stay home.

**\*All teachers/Patrons are asked to use the BC Covid-19 Self Assessment Tool before coming to class daily.**

- <https://bc.thrive.health/covid19/en>

#### CONTACTLESS FORM OF PAYMENT:

AYV will use contactless forms of payment and check-in. No cash is accepted during this time. Interac or credit card online.

#### USE APPROPRIATE DISINFECTANTS:

\*AYV will use products on the list for Health Canada's Website.

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

\*We are currently using Lysol Multi Surface Cleaner, disinfecting wipes, solution, Microban cleaner, and Clorox cleaner to clean the yoga studio. Though this may change due to availability but all products will be on the Health Canada list.

\*All surfaces are wiped after each shift.

\*All high touch surfaces (e.g. door handles, sink faucets, etc.) are cleaned and disinfected after each class.

\*The floor is cleaned between each class by Patrons as soon as they complete their practice.



## PROVIDE HAND SANITIZER

\*AYV provides hand sanitizer as well as a hand washing station for their clients.

\*Sanitizer is also provided in each practitioner practice area.

## VENTILATION

\*Some windows are left partially open at all times.

\*All mechanical heating, ventilation, and air conditioning (HVAC) systems are working properly

\*All use of floor and wall fans has been discontinued.

\*Front door is propped open.

\*Please dress warmly if it is cold outside.

## KEEPING THE SHALA CLEAN:

\*Patrons are asked to practice hand hygiene before and after their practice.

\*Patrons will be provided with spray and paper towels to disinfect their practice space after practicing.

\*Used cleaning paper towels and disinfectant wipes are disposed of in a lined waste bin that is emptied daily.

\*Patrons are asked to bring as few personal effects (bags, accessories) with them as possible. They must bring your clean yoga mat to practice daily.

\*If using the washroom, Patrons will wipe toilet handles, door handles and sink handles and counter after.

\*Patrons are asked to arrive in exercise attire as washrooms are not for changing.

\*Studio is wiped down throughout the morning and evening shifts and professional cleaner disinfects daily.

\*AYV has discontinued use of reusable hand towels, cloths and yoga mat cloths. AYV is NOT providing any shared props, mats or equipment. Patrons are able to borrow props for the COVID19 duration.

\*All Patrons MUST provide their own yoga mat, props and equipment. Yoga Mats will no longer be stored at the shala.

#### PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

\*Patrons are encouraged to conduct their workout and exit the facility without unnecessary delay.

(Instructors remain in a designated “instructor area” throughout the class where they can maintain 2.5 metres physical distance.

\*Physical distancing of 2.5 metres must be maintained when not exercising and at all other times in the yoga studio.

#### GROUP CLASSES:

\*During class, patrons are able to remain two metres from one another at all times during a class. Patrons are asked to stay in their practice “zone.” Teachers will also stay in their personal zone.

#### ONLINE VIRTUAL CLASS OPTION

\*All AYV classes will be offered simultaneously online so any patron can attend online rather than in person.

#### MASKS

\*Masks must be worn at all times when not practicing yoga.

\*People who are unable to wear a mask due to a health condition or a

physical, mental or cognitive impairment, are exempt from mask requirements.

#### CASE FINDING AND CONTACT TRACING:

\*Contact information (name and phone number or e-mail) of staff and participant attendance kept in a format that can be made readily available if needed by Public Health. AYV keeps contact information available for up to 30 days.

#### ADMINISTRATIVE MEASURES:

\*Administrative measures include the implementation of training to reduce the risk of exposure. All teachers are aware of Covid Protocols for the studio.

#### Stay Home Policies for Teachers

\*If unwell, teachers will stay home and Patrons will be notified to attend virtual classes in lieu of practicing at the studio.

#### Personal Measures for Teachers

\*All teachers complete the BC Covid-19 Self Assessment Tool before coming to class daily.

<https://bc.thrive.health/covid19/en>