

THE YOGA ROOM COVID STUDIO GUIDELINES

For Students: Your health and safety are our greatest concern!

1. **As students you must decide what level of risk you are personally comfortable with.** If you are concerned for your health or a loved one you are in close contact with, we advise against IN STUDIO yoga classes at this time.
2. If you are coming to class, we expect the following:
 - a. You do not have a fever, 100.4 or greater.
 - b. You have not tested positive for Covid-19 in the last 14 days.
 - c. You have not experienced any cold or flu-like symptoms in the last 14 days (to include fever, cough, sore throat, respiratory illness, difficulty breathing)?
 - d. You have not had close contact with/or cared for someone diagnosed with COVID-19 the last 14 days?
3. Students must sign up online AHEAD of time to attend IN STUDIO yoga classes.
4. Please do not arrive early to class, 10 minutes before is good.
5. Wear a mask as you enter the studio (if you feel you need one.) You can choose to remove your mask once you are on your yoga mat.
6. Please wash your hands (soap & water) or use hand sanitizer as soon as you enter the building. No shoes or gloves allowed in the studio.
7. There will be contactless thermometers on hand if you were not able to take your temperature at home.
8. Please practice Social Distancing in the studio using the marked areas for your mat.
9. You are encouraged to bring your own props with you if you use some for classes. No studio props can be used until further notice. We have yoga mats & props for purchase if you need some.
10. Please enter through the front Main Street entrance of the building and exit out the back door facing the parking lot.

By entering The Yoga Room studio, I am agreeing to the above guidelines.