



## Re-Opening Policies and Procedures

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# CONNECTED WARRIORS RE-OPENING POLICIES AND PROCEDURES Location Guidelines

November  
2020



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Connected Warriors recognizes that each individual yoga studio, VA, or vet center will have their own operating practices, space limitations, varying resources and capabilities, and differing legal and regulatory obligations. These guidelines provide a foundation of commitment to prioritizing and protecting the health and safety of our communities.

Please note that these recommendations do not take the place of government orders or regulatory requirements, which may prescribe specific operating standards during the COVID-19 crisis and vary in scope, rigidity, and duration. It is important for you to understand the regulatory landscape where you work.

### **Operating Safely**

As we consider the safety of each teacher and location, we urge each location to be realistic about their capacity and capability to re-open. It is likely that many will not be able to implement some or all of the health and protective measures that are critical in protecting ourselves, each other, and our communities. Consider whether you have now or can develop the space, resources, and capacity to operate and practice in a manner that prioritizes health and safety.

### **Before Classes Resume**

Notify individuals of all the health and safety policies that they will be expected to follow if they come to your studio/class. Suggest that if they are unable to abide by the policies, that they consider alternative methods for practice like online programs.

Inform people that they should not sign-up or come to the studio/class if they have a cough, are running a fever, or have been exposed to someone who has been diagnosed with COVID-19 or is experiencing COVID-19 symptoms.

### **Temperature checks**

Each Connected Warriors class is required to utilize contact free touchless infrared thermometer of every individual, including staff, teachers, volunteers, students, and practitioners. A fever is defined as a measured temperature of 100.4 degrees F/38 degrees C or higher. Individuals with a fever should be asked to refrain from participating in the class.

### **Mask requirements**

Require teachers, students, and practitioners to wear protective masks at all times when not in yoga practice; encourage them to wear them to the extent possible while in practice.



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### **Hand washing**

Require teachers to hand wash with soap and warm water for a minimum of twenty (20) seconds before and after every class. Hang signs and encourage all students and practitioners to practice hand washing best practices.

### **Social distancing**

Measure and mark distances of six (6) feet or more from outside your location's perimeter to within the inside of the registration area, boutique, bathrooms, locker rooms, and/or class space. Consider additional space as needed to accomplish social distancing. Maintain at minimum six (6) feet between all yoga mats and between the first row of students and the teacher. Ensure that teachers are complying with social distancing and are not to offer hands-on assists.

### **Class Size and duration**

Maximum class size and maximum class duration must be implemented based on the size and ventilation of the location. Consider social distancing when deciding on maximum class size.

### **Outdoor classes**

Classes taking place outdoors do not require maximum class size or duration as long as participants are able to maintain social distancing with a minimum of six (6) feet or more. Additionally, participants do not need to have their temperature checked and are not required to wear masks, although we still encourage them to do so.

### **Equipment**

The sharing of communal equipment is not permitted and should be removed from common spaces. Equipment includes mats, blocks, blankets, straps, and any other props used during class. Students are required to bring their own yoga mats, blocks, and straps. Provide sanitizing wipes or sprays for all teachers, students, and practitioners to disinfect mats before and after use.

### **Before and after class**

Minimize any gatherings in common spaces before and after classes.

### **Contact tracing and Attendance**

Sign in sheets now play a dual role in making sure that Connected Warriors has contact information for employees and students if contact is required. Maintain clear records of who is present in the school or studio at any given time. Notify Headquarters immediately in the event that you become aware that an infected, or potentially infected, person was at the location. Be mindful of privacy. If you provide notice, omit identifying details about the person infected or suspected to be infected.



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### Consistency

Develop your own written policies and procedures that govern how you will handle certain situations or accomplish specific tasks. Post signage, both on site and online, to instruct and set expectations for staff, teachers, students, and other patrons in your school, studio, and/or other physical location.

### Location Limit Contact Surfaces

Minimize the surfaces that are touched by multiple people and support this by removing all unnecessary items, like décor, from common spaces. In retail areas, encourage students and practitioners to only touch what they plan to purchase.

### Cleaning Protocol

Businesses must significantly enhance their cleaning protocols. According to the CDC, cleaning and disinfection decreases how much of the virus is on surfaces and objects, which reduces the risk of exposure. Cleaning should take place regularly and include:

- Use disinfectants that are EPA-approved against COVID-19.
- Allow for ten (10) minutes for sprays and up to four (4) minutes for disinfectant wipes before wiping dry.
- Clean the bathroom(s) before and after each class, including floors, sinks, and toilet bowls.
- Clean the studio floors before and after each class.
- Wipe telephones, keyboards, door handles, bathroom faucets, front desk surfaces, and anything that staff, teachers, or students commonly touch.

### Stock Supplies

It is advised that locations stock and maintain products to clean and disinfect, including handwashing soap, paper towels, alcohol-based hand sanitizers (containing at least 60% alcohol). If you are unable to stock necessary supplies, suggest that people bring their own or consider a temporary closure until you are able to restock.

### Enforcement of Policies and Procedures

The safety and wellbeing of our communities is our main priority. We look to each location to enforce new regulations. It is not the responsibility of volunteer teachers to enforce and implement new policies and procedures. If a student and/or the location is unable to abide by any/all of the new guidelines, we ask that teachers cancel class and leave the location. Teachers will notify headquarters so that they can decide how to proceed or if the location class should be canceled indefinitely.



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I understand that by signing this agreement, I am entering into a binding contract, and I will be bound by the guidelines listed above.

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Location

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Location Owner Signature

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Date