



We have specific guidelines in place in order to reduce the risk of transmission of COVID-19 at our studio as directed by the Chief Officer of Health of Alberta.

WHAT TO EXPECT AT INCENTRE PILATES

Before Class

- You must answer no to all of the screening questions before entering the studio with no exception. <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf> You cannot enter the studio if you have any symptoms of COVID-19 or are required to be in isolation or quarantine.
- All class bookings are done in advance, we cannot accept walk-ins.
- We have special TRIO classes running during the pandemic that are a cohort for high risk people. Drop ins and makeups cannot be booked in these classes.
- Our booking times have changed to accommodate **20 minutes between classes.**
- Everyone is discouraged from wearing scents to prevent sneezing and coughing.
- Pedestal fans will **not** be available during group classes at this time. We may make exceptions during private training at the discretion of the instructor. We will keep the room cooler than usual so wearing layers is best.
- Please do not bring friends and family to the studio at this time (unless they are booked for Pilates too!)
- You must bring and wear a mask for entering/exiting and walking around the studio. It is your choice to wear it or not during class.
- **Instructors will wear a mask and/or face shield.**
- You must **bring their own mats** for Yoga/Mat classes.
- **Extensive cleaning** is done daily including frequently touched surfaces and floors.
- Keep belongings with you at all times, the cubes are not available to avoid congregating. Coats can be hung in the mat room, please take valuables with you to your station.

When You Arrive

- Please arrive no more than 5-10 min early and wait in your car if possible (all waiting room seating has been removed). Try to not go in at the same time as someone, let the person ahead of you go in and vacate the entry before proceeding.
- **Everyone will be screened** for symptoms prior to class using the screening checklist. Any participant exhibiting symptoms cannot enter or participate. You will either read the screening questions at your station or your Instructor will read them to you. You must confirm you have answered no to all screening questions.
- **Maintain 2 metre distance** from other clients and teachers whenever in and around the studio.
- **You will be assigned a station in order so you will not walk within anyone else's designated space.**
- Hand hygiene is encouraged **before, during and after class.** We encourage you to bring your own hand sanitizer. Hand sanitizer is provided at the front door, in the washroom and upstairs.
- Our changeroom is temporarily **closed** so please arrive ready for Pilates. We have a washroom available if needed but we try to keep it available for hand washing.



- We **no longer have point of sale** merchant services at the studio. We provide online payment and registration system options as the preferred method of payment and booking. You can also pay by e-transfer to our email account. Cheque or cash (we do not keep cash/change on the premises) can also be taken if necessary.
- Our retail items are locked in a display case to keep them from being touched. If you wish to purchase something please contact us ahead of time and we will make arrangements for pre-payment and have the item ready when you arrive.

In the Studio

- Our Pilates apparatus is spaced so you are at least **2 meters** from each other.
- **Please follow arrows** on outside perimeter in the EQ room, do not walk through centre.
- The Mat room floor has spacing markers.
- All Props can be cleaned and disinfected. **We have removed** any fabric items and/or replaced them with a vinyl that may be cleaned and disinfected properly after each use.

After Class

- Please clean and disinfect equipment and props after each use. We follow **2 step wipe twice clean + disinfection**.
- You need to wash your hands immediately and use hand sanitizer after class.
- We ask that you please leave the studio as soon as you are finished so the instructor has time to do their tasks and to minimize crowding.

THANK YOU for your patience and understanding. InCentre Pilates promotes wellness and all of these guidelines are in the interest of preventing the risk of transmission of COVID-19. If you have questions please contact us by phone or email.

We will get through this together, but 2 metres apart.

We do have a comprehensive Re-Launch Guideline for InCentre Pilates at the studio. (yes...this is the condensed version)

"COVID-19 droplet transmission is much more likely when individuals are in close contact. Further, the likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. While transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced, transmission can occur if public health guidance is not followed.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Many activities involve shared equipment among participants, coaches/staff, instructors, officials or volunteers (for example, shared baseballs, basketballs, volleyballs). The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important."

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2 Alberta

For more information about COVID-19, please visit <https://www.alberta.ca/covid-19-information.aspx>