

COVID-19 POLICIES & MEASURES

Cleanliness of our studio has always been a top priority. We will be taking additional measures to ensure the health and safety of our community and are implementing the following to minimize the risk of COVID-19. These additional policies will be in place until further notice.

ALL STUDENTS MUST SIGN AN ADDITIONAL COVID-19 WAIVER PRIOR TO TAKING THEIR FIRST CLASS FOLLOWING RE-OPENING.

visit www.yogaloft.ca and click the COVID-19 tab

Students will arrive no sooner than 10 minutes before class. After placing belongings in back room, go directly to a spot in the practice room and place your mat in one of the spots which have been marked out. Mats will be 6 feet apart to ensure social distancing.

Maximum of 2 students will be allowed in the reception area at a time.

Masks will be worn in common areas of the studio; they can be removed while practicing since physical distancing is enforced.

Students will use hand sanitizer provided upon entering the studio.

Students will enter from front entrance and exit from back entrance.

Restrooms will be open however the showers will not be.

No mat rental available, bring your own or you can purchase one in studio.

Bring your own props including blocks and straps.

Blankets are available for restorative classes, place in hamper after use.

Come wearing your yoga clothes to limit traffic in changeroom.

There will be a minimum of a 1/2 hour between classes to give staff time to thoroughly clean and limit crossover.

Practice room, front desk area and restrooms will be cleaned after each class, all door handles will be wiped down.

For cleaning of all surfaces including the floors, we are using a disinfectant called Benefect

Max 11 students per class. We will add classes as needed.

Students MUST sign into class online or using the MINDBODY app. No drop-ins. If you sign into class and are a no show, you will still be charged for the class.

Teachers will not be offering hands on adjustments.

If you are not feeling well, including cough, fever or sore throat please stay home.

If you have come into contact with anyone who has been exposed to or has COVID-19 please stay home.

Teachers and staff will be screened for symptoms of COVID-19 prior to their shift or class.

Do not come to the studio if you have travelled outside of Canada in the last 14 days.

