

# Covid Protocols

1. You must wear a mask or face covering upon entering the building. This is government regulation. Masks will be worn in the common areas. You do not have to wear a mask once you are on your marked social distance space.
2. We are currently in the “Green Phase” which means the studio can operate at 50% capacity. The spaces are measured out and taped off for you. Spaces are limited at this time.
3. Due to the limited space available. Pre registration is strongly encouraged to secure your space. (See sheet attached on schedule bliss)
  - a. You can cancel your space up to 90 mins before the start of class.
  - b. If you do not show for a pre registered class you will be charged if it is beyond the 90 minute window.
  - c. You must arrive a minimum of 5 minutes before the start of your pre registered class or your space may be forfeited to the waiting list.
4. We ask that you do not come to the studio if
  - a. you have had a fever over 100 in the last 72 hours
  - b. If you have come in contact with and been exposed to a person with Covid-19
  - c. If you have any symptoms of covid or the flu (Fever, chills, cough, shortness of breath, muscle/body aches, headache, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting or diarrhea) stay home and call your doctor.
  - d. Online classes are available at [boundlessmotion.com](https://boundlessmotion.com) in the event that it may not be wise for you to be in a public setting at this time.
5. We will have limited props available and only ones that are easy to clean and disinfect. You may want to bring your own blankets/ towels etc. Please clean your props regularly.
6. Wash your hands frequently with soap and water.
7. We have moved class times to leave more space between classes to minimize crossover traffic and to allow sufficient time to do additional cleaning between classes.
8. We thank you for your diligence and commitment to helping us keep each other safe during this pandemic.