

COVID-19 Safety Plan – The Hot Room Vernon @ Studio Be

The Hot Room has put into place the following protocols to ensure the safety of all staff and persons entering the building. In addition to these safety measures the operations of The Hot Room strictly adheres to the Provincial Health Orders (PHO) and this safety plan is subject to change based on those orders.

Entering the building:

- We have established and posted an occupancy limit per class based on the size of the room.
- All students must preregister for class online and complete a COVID-19 self assessment prior to class starting
- Do not come to the studio if you are sick or feeling unwell
- Doors will be open 15 minutes prior to class starting and ask students to be dressed and ready for class when entering the building
- All persons entering the building must wear a mask, hand sanitize, and keep 2 meters physical distance from other students, if this is not possible you will be asked to wait outside until it is safe to enter
- There are clear markings when entering the building to ensure physical distancing is being followed
- Masks are mandatory and must be worn until you are on your mat, once on your mat you may remove your mask
- There is no rentals at this time so please bring your mat & towel with you to class. We still will have mats and accessories for sale

Class Sign up & Attending Classes:

- **ONLINE** sign up only, we wont be accepting walk ins at this time
- You can register for classes online up to 1 month in advance
- Each class has a waitlist. To receive an email notification if you were signed into class and off the waitlist, please make sure you email and phone number are up to date in your mindbody profile, and you have opted “in” to receive emails
- You can cancel a class up to 2 hours before without a penalty, cancelling after 2 hours or not showing up will result in a cancellation fee (\$10+tax, or 1 punch if you are on a 10 class pass)

The Studio space:

- Each mat will be placed the required physical distance apart. There will be a star on the floor, please place your mat onto the marked area **only**
- The instructor will no longer be moving around the room while they teach, they will instruct from the front on their mat during the entire class
- Masks **must** be worn at all times in the studio but can be removed once you are on your mat for class, if you leave your mat for any reason please put your mask back on

Exiting the building:

- Students must wear a mask when leaving their mat
- Students must exit the room immediately after class and ask, at this time, to leave the studio within 10 minutes after class for the safety of staff and other students
- As much as we have missed you please refrain from mingling in the reception area at this time

Cleaning Protocols:

- Hand sanitizing and washing stations will be available as you enter the building, bathrooms and in the room
- Staff will disinfect all points of contact immediately after class starts and again after class is finished and all students have left
- Staff will mop and disinfect the room immediately after class is finished
- All equipment used in a class will be cleaned and sanitized before being put away

Staff:

- Staff must fill complete the COVID-19 self assessment checklist prior to entering the building
- Training will be provided to all staff on cleaning protocols and procedures and a checklist will be provided