

# R.SONG STUDIOS

The document outlines a customized set of policies and procedures to minimize the risk of transmission of infections among attendees inside the facility

## Revision 1.1

June 14<sup>th</sup> 2020

(This document may be updated/modified without notice)

## COVID-19 Health & Safety Plan

## Studio Facilities

- The studio features 6 handwashing stations and 4 Individual Washrooms. All handwashing stations are supplied with liquid soap, hand sanitizer and paper towel.
- The number of poles has been reduced to 8 in the Pole room and 1 in the Aerial Room to maintain physical distancing. Each student will have their own pole.
- The aerial room has 4 rigging points, 3 for students and 1 for the instructor. The rigging points are spaced 7 ft apart plus clear plastic divider in between. No sharing of equipment.



## Face Mask Requirements

- Students and instructors are required to wear masks in the hallway common areas as the 2-meter physical distancing may not be possible. Keep your masks on until you arrive at your pole /aerial apparatus. Masks will be optional once you arrive at your pole

\*\*Facemasks are also available for purchase at the studio.

## Modification of Classes

- Warm-ups will be modified to be lower intensity to avoid heavy breathing among participants
- For pole dance choreography classes, instructor will minimize the amount of movement away from the pole or ask everyone to wear a mask as physical distancing may be difficult when participants are not in sync.
- For intermediate / advanced level classes, Instructors will demonstrate inversion moves that can be attempted safely on the ground or close to the ground with crash mat present and no spotting. Once the student demonstrates confidence in the movement at low elevation, instructor may give permission for student to go higher up the pole.  
*\*\* Crash mats are a last line of defense in case of an accidental fall, students must NOT rely on the crashmat at any time to descend off the pole / aerial apparatus.*
- Assume your instructor is not comfortable with spotting you unless they offer. The agreement to spot must be mutual, and both the student and instructor must put on their mask to do so.
- Instructors will increase focus on strength conditioning in all classes to ensure students can safely invert without spotting

## Be Prepared Before Coming to Class

- DO NOT COME if any of the following applies to you
  - You feel symptoms of Covid-19, this may include but not limited to fever, dry cough, tiredness, sore throat, headaches, shortness of breath. For full list of symptoms please reference <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>
  - You have traveled out of the country with-in the past 14 days
  - You have been notified of potential exposure to COVID-19

*\*\*Please note that our 6 Hour cancelation policy still applies. If you late cancel a class due to sickness, you can ask for your credit back but will not be permitted to attend classes for 14 days or show proof of negative COVID-19 test results.*

- Whenever possible, wear your pole or aerial gear before coming to the studio to minimize public facility usage.
- Bring water in your own water bottle, the water dispenser will not be operational for the time being.
- Bring you own yoga mat and blocks if required for class
- Bring a mask, it will be required in the hallways where physical distancing may not be possible
- Minimize personal items brought into the studio.

## Arrival to the Studio

- Masks are required in the hallways and other common areas including lobby and kitchenette.
- Wash your hands before entering the pole/aerial room (*As you entered the building, you would have touched the door key pad, fob key and the main entrance door handle, which are high contact areas \*\*All high contact areas will be disinfected between classes*)
- Do not arrive more than 10 minutes before the scheduled class unless it is your first time at the studio.
- All participants must sign new Liability Waiver and ParQ Forms.

## Inside the Studio

- Aerial student should enter through the aerial room door only. Pole students may enter through either the pole or aerial room door
- If you need to use the storage boxes, use it only for items you do not require during class time. This minimizes unnecessary trips across the studio.
- Grab a rag and alcohol spray bottle on your way to your pole so you don't have to return to the entrance storage shelf after warm-up.
- If you need to go to the washroom during class, put on your mask and walk in the center of the studio along the wooden columns so you can stay away from others.
- If filming with cell phone, please ensure you are not walking into someone else's space as you are setting up.
- Wipe you pole with rubbing alcohol provided before and after class
- Class will end on time to ensure we have sufficient time to complete cleaning procedures.
- Wash your hands before you leave the facility

### Did you know?

Coronavirus is a respiratory illness and cannot be transmitted through the skin. So physical distancing, proper hand washing and avoid touching your eyes, nose or mouth is the best way to prevent infections.

## Leaving the Studio

- Start with wearing a mask before leaving your pole / aerial area.
- Place used rags in the rag baskets beside the entrance door.
- Pole students can exit through either doors while aerial students should only exit through the aerial room door.
- Maintain 6ft distance from others as you leave.
- The North Exit stairs located beside the washrooms may also be used.
- Please vacate the building with-in 10 min of class end so we can complete cleaning procedures in the common areas.

## Rapid Response Plan

- All participants must pre-register for classes so that attendance is recorded in our class scheduling software
- Visitors are not permitted in the studio at this time
- Please contact us ASAP if you have been tested positive of Covid-19
- All members will be contacted in the case of a positive Covid-19 test from a participating member or instructor, detailing further instructions.

## Cleaning Procedures

Item	Frequency	Cleaning Agent / Chemical
Poles	Clean by user before and after use. Clean by staff between classes	80% Isopropyl Alcohol Solution
Aerial Hoop (Un-taped)	Clean by user before and after use. Clean by staff between classes	80% Isopropyl Alcohol Solution
Aerial Hammock/ Silks	Spray on after use, let fabric dry, do not use for minimum 3 full days	Avmor EP50 Hydrogen Peroxide Disinfectant
High Touch Areas (All door handles, faucet, light switches, main entrance pad lock and fob key)	Before Every Class	0.1% Sodium Hypochlorite Solution (10% Bleach)
Floor	Before Every Class	Commercial Grade Floor Cleaner
Crashmats	Clean by user after use, disinfect by staff after use	Avmor EP50 Hydrogen Peroxide Disinfectant or 80% Isopropyl Alcohol Solution
Rubbing Alcohol Spray Bottles	Before Every Class	0.1% Sodium Hypochlorite Solution (10% Bleach)
Pole Cleaning Rags	Machine wash and dry after use	Laundry Detergent + Bleach

*Hand Sanitizer used at the studio: Triton Hand Sanitizer – A WHO recommended Hand rub Product*

### Important:

According to Health Canada, no surface cleaners/ disinfectant claims to kill COVID-19, but they can play a role in limiting the transfer of microorganisms. The best and most effective way to prevent infections through surface contact is to wash your hands properly and avoid touching your eyes, nose, or mouth.

## Revised Class Times

Typical Weekday Class times are

	Duration	Time
Clean/Disinfect	20 Min	4:10 – 4:30
Class 1	55 Min	4:30 – 5:25
Clean/Disinfect	20 Min	5:25 – 5:50
Class 2	55 Min	5:50 – 6:45
Clean/Disinfect	20 Min	6:45 – 7:05
Class 3	55 Min	7:05 – 8:00
Clean/Disinfect	20 Min	8:00 – 8:20
Class 4	55 Min	8:20 – 9:15

Typical Weekend Class times are:

	Duration	Time
Clean/Disinfect	20 Min	
Class 1	55 Min	11:00- 11:55
Clean/Disinfect	20 Min	11:55 – 12:15
Class 2	55 Min	12:15 – 1:10
Clean/Disinfect	20 Min	1:10 – 1:30
Class 3	55 Min	1:30 – 2:25
Clean/Disinfect	20 Min	2:25 – 4:45
Class 4	55 Min	2:45 – 3:40

### Disclaimer

This document is written based on available recommendations provided by Alberta Health, Government of Canada and other online / offline sources. The accuracy of this document is not guaranteed, and actual studio procedures may deviate from this guideline. We cannot guarantee that all participants will follow this guideline, use facility at your own risk.