



## Yoga Class Protocols

Thank you for your continued support of the Centre. We are grateful to have you have you in our community.

### What the Centre is Doing to Help Everyone Stay Safe:

- There will be no access to any Centre buildings or spaces, other than the designated yoga class space.
- Classes are limited to 12 students and 1 teacher in the Pond Dome.
- Everyone must bring their own mat and props. There will be no use of Centre props or equipment (mats, blocks, blankets, etc.)
- Respect physical distancing (6 feet/2 metres) for the duration of time on the Centre property. One person at a time will enter the class space, and take their own mat into the studio. Place your mat on the marks on the floor.
- Everyone must leave one at a time while the remaining participants remain in place to avoid congestion at the doorway.

### What We Are Asking Teachers to Do to Help Us Stay Safe:

- Arrive early for class so you can instruct students on the protocols.
- Utilize demonstrations and verbal corrections for instruction, no physical corrections.
- Masks are optional. If you feel more comfortable, please wear one.

### What We Are Asking Students to Do to Help Us Stay Safe:

- Consult your doctor about coming to class if you have underlying health issues.
- Stay home if you have any symptoms such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, as well as symptoms of allergies.
- We welcome you to bring your own hand sanitizer to class. The Centre will also provide sanitizer.
- As classes will be at the Pond Dome, an outhouse will be open. Use at your own risk. Hand sanitizer is provided in the outhouse.
- Masks are optional. If you feel more comfortable, please wear one.
- Please congregate away from buildings and practice physical distancing if you wish to visit after the class.
- Please call the Centre at 250-537-2326 if you develop COVID-19 within 10 days of your attendance. Do not feel afraid to let us know. We are all vulnerable and we must care for each other.

These protocols must be adhered to as part of the Centre's sincere intent, and responsibility, to keep everyone safe.