



In-Studio COVID-19 Protocols Updated January 28, 2022

STAY HOME IF YOU ARE ILL

- Clients and Staff are to remain at home if they are sick for any reason
- Clients will confirm they are not experiencing any symptoms of illness at the start of each session
- Staff will confirm they are not experiencing any symptoms of illness at the start of each teaching day
- Swan Pilates reserves the right to ask any Client and Staff member showing clear signs of illness to vacate the premises
- Signs/symptoms of illness include, but are not limited to: fever, coughing, sore throat, runny nose, fatigue, etc.

STAFF COVID-19 VACCINATION REQUIREMENT

All staff will provide evidence of COVID-19 vaccination or comply with Swan Pilates exemption procedure; daily COVID-19 testing and the wearing of a facemask at all times while in the Studio

SUSPECTED OR KNOWN EXPOSURE TO COVID-19

Swan Pilates adheres to Pima County Health Department quarantine guidelines concerning known or suspected exposure

APPOINTMENTS

- All sessions are by appointment only
- The Studio Manager and Administrative Assistant will work to schedule each appointment to meet clients' individual requirements
- Fully vaccinated Clients, Staff, and Studio Visitors may keep their facemask off while in the Studio

- The wearing of facemasks while in the Studio is always welcome

ENVIRONMENTAL PRACTICES

- Clients are encouraged to use the Swan Pilates App to schedule and pay for their sessions to limit congestion at the desk during Studio hours
- Increased air circulation through the Studio is provided through the following methods: two 1000 sq ft HEPA/UVC air filters and two HVAC fans run continuously, 24 hours per day, 7 days per week, and seven ceiling fans run continuously during Studio hours
- Alcohol-based hand sanitizers are readily accessible for Clients and Staff use throughout the Studio
- Non-abrasive soap is readily available in both Restrooms allowing Clients and Staff to wash their hands for a full 20 seconds creating a bubbly soapy lather before and after sessions, after using the bathroom, before eating, or placing their hands on their face.
- Staff clean the Studio's general surfaces including front door and restroom door handles throughout the day
- Clients and Staff clean all the equipment used during the session at the end of each session with detergent-based solution and single-use fabric washcloths
- Single-use fabric cloths used for equipment cleaning are placed in a zipped plastic laundry bag prior to being laundered with bleach at high temperatures
- Closed wastepaper containers are in each restroom. The containers are placed near the restroom door in such a way as to reduce touching egress doors with clean hands
- Closed wastepaper container is located at the water dispenser for the disposal of single use paper cups
- Routine maintenance of the Studio's water dispensing services through Quench
- Weekly Professional Janitorial Services through JanPro