

April 2021

Pilates Studio Operational Guidelines for PCOR 3

Per Department of Public Health and Social Services Guidance, these guidelines for PCOR3 operations will remain in effect until otherwise notified:

We will post our guideline for PCOR3 on our entrance door.

Health and Safety 📄

- We will be limited to 75% capacity, which means no more than 10 clients will be allowed in the Studio at any time.
- Clients and Instructors are required to wear a mask at all times.
- Clients should wash or sanitize their hands before and after class. Hand sanitizer is readily available in the bathroom and at the entrance desk for your convenience.
- Social distancing will be practiced. Our floor plan has been modified to allow 6 feet between all Clients.
- All Clients are subject to health screening before each appointment. A temperature monitor is available at the front desk as needed.
- If you, or anyone in close contact with you (family, work colleagues, friends) have displayed symptoms of Covid-19 (flu-like symptoms) and/or have tested positive for Covid-19, please do not attend appointments.
- If you test positive for Covid-19 within 2 weeks of attending an appointment, please inform the Studio immediately.
- No shower and No Locker room

Studio Cleaning and Sanitation 📄

- All equipment and surfaces in use will be cleaned with disinfectant between Clients. Bathrooms and floors will be cleaned daily.
- Instructors will wash their hands frequently, including before and after appointments.
- We have a new HEPA filter in the Studio!

Appointments & Scheduling 📄

- Appointments are required. Please call or book online: bxbodypilatesstudiollc.com
- Cancellation policy applies.

These Guidelines have been submitted to DPHSS and will remain posted at the Studio.

Si Yu'os ma'āse'!

BxBody Pilates Studio, LLC Policy for Positive Covid Test

- Screen clients or contractor for symptoms of COVID-19 daily either in person.
- Do not allow clients or contractors with symptoms to report to work in person.
- Screen clients and contractors for close contact to a confirmed case of COVID-19 daily.
- Do not allow clients and contractors who have had close contact with a confirmed case of COVID-19 to report to work in person until their quarantine period is complete.
- Perform surface cleaning and disinfection daily with an EPA-approved product.
- Encourage frequent hand washing.
- Require that everyone wear facemasks whenever they could come into close contact with another person.
-
-
- Any client or contractor with symptoms of COVID-like illness should not come to work. If symptoms occur while at work, the client or contractor should be isolated and then sent home immediately.
- Anyone with symptoms of COVID-19 should be tested. Anyone seriously ill should seek medical care immediately.
- If the test result is negative, the individual may return to work after symptoms have been resolved for 48 hours.
-
- The person who tested positive should isolate at home for 10 days from the date of the positive test.

The person with a close contact must quarantine for 10 days from their last contact with the person who tested positive. Individuals may end their quarantine period after day 7 if a negative COVID-19 test (lab based or rapid) is obtained in 48 hours prior to the end of quarantine.

- All close contacts of the person with the positive COVID-19 test (the “case”) must quarantine – that is, stay at home, away from others, for 10 days. Contractor or clients may end their quarantine period after day 7 if a negative COVID-19 test (lab based or rapid) is obtained in the 48 hours prior to the end of quarantine. Persons are considered close contacts if they spent at least 15 minutes over 24 hours within 6 feet of the case during the time when the case may have been infectious. Persons are also considered close contacts if they had direct contact with the secretions of the case (for example, being coughed on) during the case’s infectious period.
- Employers should determine if any contractors or customers were close contacts of the case from 48 hours before until 10 days after the case first developed symptoms or tested positive. The employer must promptly notify the employee that he or she is a close contact of someone with COVID-19 without naming the person with COVID-19.
- Employers must report the names and contact information of any employees or customers who were determined to be close contacts of a case to DPHSS.

- The space where the positive person was working should be cleaned according to instructions below, but as long as there are employees available to work, a business does not need to close due to a positive case.

Clean the workspace

- Clean and disinfect high-touch areas routinely in accordance with CDC guidelines in spaces that are accessible by customers, tenants, or other individuals.
- Routine cleaning with soap and water will keep surfaces clean and decrease the risk of transmission.
- Disinfect with a household disinfectant. This will further decrease the chance of virus remaining on the surface.