



COVID GUIDELINES

1. Our Classes

- Due to social distancing we have decided to continue our online bike rentals until further notice.

As some of our bikes return in the upcoming weeks, our plan is to host small live spin classes in the near future , updated to come!

- **Right now we will be going ahead with our yoga classes**
- **All teachers will be participating in the guidelines stated**

2. Limited Occupancy

- To maintain the 2m distancing, we can only hold a **maximum of 8** yogis per class (plus the instructor)
- Distancing will be marked on floors for your guidance
- As we want to keep everyone as safe as possible, we will be allotting several days a week for cleaning.
- Due to the circumstances we ask that you arrive no earlier than 5 minutes before your class.

3. Safety precautions

- **Face masks are mandatory when entering & exiting the gym. Once you're set up in class you will have the opportunity to remove the mask for the duration of the class.** Ottawa Public Health is mandating the use of masks in many indoor public spaces effective July 7, 2020.
<https://www.ontario.ca/page/face-coverings-and-face-masks#section-0>
- **Practice physical distancing while in the gym.**
https://www.ottawapublichealth.ca/en/public-health-topics/social-distancing.aspx?utm_source=OPH&utm_medium=Friendly_URL&utm_campaign=Coronavirus&utm_content=Friendly_URL
- Wash your hands frequently, and use the provided sanitization when necessary

4. Registration

- **Please register online prior to classes.** We want to minimize walk-ins and payment in person.
- You will be sent a **Health Check** which we will need answered prior to your class.
- If purchasing things in store, please use contactless forms of payment (debit/credit)

5. Cleaning Protocols

- Your safety is our first priority at Inner Soul
- Ensuring accessible hand sanitizer in all areas
- Disinfectants will be available for your equipment
- Masks will be available, if you forget but we encourage you to bring your own
- All surfaces will be wiped down after each class and sanitized
- Floors will be cleaned after each class
- Signage as a reminder to employees/staff
- **Several days a week dedicated to cleaning**

6. Amenities

- No showers will be available
- Lockers will also be unavailable for the time being. Try to minimize belongings , and keep in car if possible
- Water stations will be available but we encourage you to fill your own bottle. We also will have water bottles for sale.
- No towels will be provided, we will have some for sale if you are in need.
- Yoga props will also be unavailable for the time being. Please bring your own and our teachers will be modifying their classes if need be

Our commitment to you.

Our commitment to you is to give you the cleanest and safest place environment.

We are here to answer and questions/concerns you may have -

innersoulyogaandcycle@gmail.com

Let's stay safe so we can get fully up and running in the near future! YES WE CAN!

Love Team Inner Soul