



# COVID GUIDELINES

## 1. Our Classes

- Right now we will be going ahead with our yoga classes & spin classes  
**IN-PERSON AND VIRTUALLY**
- 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/spinners 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](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 required to fill out a health check form prior to every visit. This can be scanned by QR code prior to entering or [here](#)
- 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](mailto: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*