

Goodwin Studios Opening Procedures

Employee Health & Safety Measures:

- All Goodwin Studio's instructors and staff will wear masks, and will only perform verbal cues and no hands-on instruction. Gloves and plastic face shield coverings are optional.
- If you have traveled abroad, been near someone who has traveled, please wait 14 days before coming into the studio or take a COVID-19 test to ensure you are well. We will continue our online platform for classes.
- Temperature: We will be taking your temperature. If you have a fever of 99.8 F or above, a sore throat, loss of taste, cough, or any other symptom of being ill, we ask you to remain at home and you will be asked to leave the studio.
- If you suspect that anyone at your home or work is sick please call to reschedule your appointment.
- We have placed a "no hands" payment system. You can keep your credit card on file with us or pay us via Venmo or PayPal.

Guidelines for Clients:

- All persons entering the studio must wear a protective facemask. Gloves are optional but must be put on once in the studio (not prior). We will have masks available for \$5.00.
- Upon arrival for your appointment, we ask that you kindly wait in your car or outside our studio doors in order to keep adequate social distance and to minimize the number of persons in the studio.
- Social distancing of 6 feet or more will be required. We will be marking outside our front doors along with the patio for waiting times before your appointments, rather than indoors. If you arrive early, you may prefer to wait in your car before your appointment.
- We ask that all clients minimize the belongings brought into the studio, and leave all unnecessary items in their car.
- All clients need to wash hands from our sinks upon entering and exiting the studio and use hand sanitizer. Hand sanitizer will be provided on-premises with 70 % or more alcohol.
- Please bring a clean, sanitized bag to place your shoes in which will be kept outside or just inside the door.
- Clients need to bring and provide for themselves, socks (now mandatory), yoga mat, towel, and water.

Daily Operations:

- All appointments will be placed 15 minutes apart so that instructors and staff can properly disinfect machines and to reduce interaction with other people.
- All 1-hour appointments will include cleaning time as well to ensure the safety of you and others.
- Each instructor's schedule will be reduced and condensed.
- Client appointments will be scheduled on a staggered basis in order to reduce the number of clients and staff in the studio.
- A maximum of 3 clients will be scheduled at any given time during the day.

Sanitizing and Cleaning Protocols:

- The doors and windows of the studio will remain open during studio hours. We have purchased multiple Austin Air units, (hospital-grade air purifiers), that will be run on high in-between clients to cleanse bacteria and viruses.
- We have a UV-C light, hand sanitizer, disinfectant sprays, etc.
- All surfaces will be thoroughly cleaned and disinfected including the front office area, doorknobs, light switches, countertops, desks, keyboards, sinks, faucets, equipment, accouterments, and anything else touched during the session.
- We will be washing equipment straps in-between each client.
- The Gardens Building has in place required facemasks as you walk through the hallways and enter restrooms, multiple sanitizer stations throughout the building, and has instilled a cycle for all bathrooms to be cleaned on the hour.

Please keep in mind that many of our clients are at high risk due to age or pre-existing conditions and that your choices impact those who visit our studio.