



This document outlines the specific measures that Precision Pilates Studio has put in place to protect the health of clients and staff during the COVID-19 outbreak. These measures are part of our 'new normal' during this pandemic. Precision Pilates will keep these measures in place until such time as the Government of New Brunswick indicates that they may be lifted.

The government has advised that everyone should practice the following minimum general public health measures in order to keep all New Brunswickers safe during the current pandemic:

- Physical distancing
- Frequent hand washing
- Proper cleaning of surfaces
- Respiratory etiquette
- Wearing of non-medical masks when physical distancing is difficult to maintain

Physical Distancing

Phase 1

All clients and teachers in the studio must maintain a minimum of 2 metres (6 feet) between themselves and others at all times unless they are members of the same household 'bubble.' The following measures will help us maintain this distance in the studio:

- We have created two physically separate mini-studios within the main studio space. These mini-studios have been arranged in such a way that we can teach two private lessons at the same time while maintaining at least 2 metres between all participants (teachers/clients; clients/clients).
- We will schedule private lessons to start either on the hour (9 a.m., 10 a.m., etc.) or on the half hour (9:30 a.m., 10:30 a.m., etc.) so that only one client is entering or leaving the studio at a time.
- We will offer group classes online only until such time as we are allowed to gather in groups of more than five people.

Phase 2

During this phase, clients, teachers, and any other persons present in the studio will follow the 2-metre physical distancing rule. In addition, we will:

- Add group classes back on the schedule when the government indicates it is safe to do so.
- To begin, add only Apparatus classes with a maximum of 5 participants to the schedule.
- At this time, continue to offer group Mat classes online only.



Phase 3: TBD

Frequent Hand Washing

Proper hand washing helps prevent disease transmission. Hands should be regularly and thoroughly washed with soap and water for 20-30 seconds.

To help our clients and staff practice good hand washing, we have installed a sink in the entrance of Precision Pilates. Every person entering the facility must wash their hands before entering the main studio space. (This sink is in addition to the sink in the bathroom.)

In addition:

- Staff must wash their hands between clients.
- Everyone must wash their hands after they cough or sneeze.

Proper Cleaning and Disinfecting of Surfaces

Surfaces in the studio will be cleaned in the following ways:

- All upholstered surfaces on equipment will be cleaned between clients with a diluted solution of household cleaner that meets the required standards.
- All metal and wood surfaces on equipment will be disinfected with a 5.25% household bleach solution between clients and at the end of every business day.
- Common spaces such as bathrooms and frequently touched surfaces such as light switches, door knobs, desks, coat racks etc. will be disinfected a minimum of three times daily.

Respiratory Etiquette

We can help prevent potential spread of COVID-19 by practicing good respiratory hygiene. Cough or sneeze into a tissue, not into your hand or the air. Immediately dispose of the tissue and wash your hands afterwards. If you do not have a tissue, cough or sneeze into your sleeve or elbow.

Community Face Mask

Out of an abundance of caution to reduce the overall risk of transmission, Public Health is strongly recommending that we wear a face covering, also referred to as a community face mask, in public places when we cannot ensure physical distancing measures.



In our business, we are easily able to maintain a physical distance of 2 metres or more; therefore, staff and clients are not required to wear face masks. If a staff person or client feels safer wearing a mask, they may certainly do so.

COVID-19 Operational Plan

We have put the following steps in place to ensure the safe operation of our business during the COVID-19 pandemic.

Awareness

We have posted signs about proper hand washing, respiratory hygiene, and physical distancing, throughout the facility.

Pre-Screening

We will actively pre-screen all clients and staff before each class. We will not allow anyone (clients or staff) to enter the facility if:

- They have travelled out of the province. If a client or staff member has travelled out of the province, they may return to the studio only after self-isolating for at least 14 days.
- They have any symptoms of COVID-19 (fever, cough, difficulty breathing etc.)

Physical Distancing

The most senior staff person at the studio will be responsible for monitoring physical distancing and ensuring that all persons in the studio are adhering to the 2-metre rule.

In addition to the measures outlined in the section on Physical Distancing, we will:

- Ensure that teachers do not touch clients, i.e. no hands-on assists, until such time that Public Health indicates it would be safe to do so.
- Reduce all session times to 50 minutes from 55 minutes so that we have the time required to properly disinfect the studio between sessions.



Cleaning and Disinfection Procedures

All staff are responsible for:

- Cleaning all hard surfaces of the equipment after client sessions using a diluted household bleach solution, reusable J-cloths, and their own pair of reusable rubber gloves. Cloths must be rinsed and left to dry in the sink.
- Washing their hands after teaching clients and before putting on their gloves for cleaning.

Management and administration staff are responsible for:

- Wiping common surfaces (light switches, doorknobs, washroom etc.) a minimum of three times per day.

Clients are responsible for:

- Cleaning the upholstered surfaces of their equipment after each session using one of the facecloths provided for this purpose and putting the cloth in the laundry bin before leaving the studio space.

Administration Components of the Business

Handling of Money

We prefer clients pay electronically whenever possible; however, we will accept cash. Staff must wash their hands properly after handling money. A hand sanitizer will also be available for desk staff.

Supplies

We will keep a stock of cleaning and handwashing supplies such as disinfectants, bleach, cloths, hand soap, etc. Each staff member will have their own pair of re-usable rubber gloves for cleaning. The studio manager will be responsible for maintaining the inventory of such supplies and purchasing new items when necessary.



Washrooms

The washroom is equipped with hand soap, hot and cold running water, garbage containers etc. a and a hand wash sign has been posted. In order to ensure environmental responsibility as well as hygiene, we will provide individual re-usable hand towels and a laundry basket nearby for disposal. We will launder soiled towels each evening.

Hand-washing station

A hand-washing station will be available in the main entrance of the business. In order to ensure environmental responsibility as well as hygiene, we will provide individual re-usable hand towels and a laundry basket nearby for disposal. We will launder soiled towels each evening.

Logs

A housecleaning log will be kept at the front desk.

Appendix A

Pre-Screening Checklist for Businesses

	Yes	No	Comment
Operators should review the following documents:			
COVID-19 Daily Self-Assessment Questionnaire (See Appendix A)			
Self-Monitor Poster			
Self-Isolation Poster			
The following communication materials, supplies, and recommendations are available:			
Hand Washing Poster			
Hand Sanitizer Poster			
Protect Yourself and Others from Getting Sick Poster			
Non-Medical Masks or Face Coverings			
Disposable Gloves			
Hygiene Supplies – soap, water, hand sanitizer, towels, toilet paper			
Physical Distancing Poster - 2 meter rule			
Facilitate physical distancing <ul style="list-style-type: none"> • Arrange furniture position to allow for 2 meter rule • Provide visual cues (i.e., ensure 2 meter markings on floor, directional movement for patrons, etc.) • Physical barriers such as partitions or plexiglass 			
The following cleaning and disinfecting communication and supplies are available at the self-isolation unit:			
Cleaning and Disinfecting Procedures			
Cleaning and Disinfection Info Sheet			
Cleaning supplies – cleaners, disinfectants, cloths			
House Cleaning and Disinfecting Log			

