



STUDIO REOPENING
**INFORMATION
GUIDE**



REDDOOR**YOGA** 
LIVING THE PHILOSOPHY!

OUR COMMITMENT TO YOU

In accordance with the BC Ministry of Health Guidelines, we have implemented the following policies and procedures to ensure your health and safety while participating in group yoga classes at the Red Door Yoga studio:

1. LIMITED CLASS SIZE

In order to ensure adequate social distancing during yoga classes, we have limited the number of participants for each class to a maximum of 15 students.

2. SOCIAL DISTANCING MARKERS

We have placed markers in the studio for mat placement to ensure that the appropriate distance is maintained between students during group yoga classes. We have also placed markers at the entrance to encourage social distancing while waiting to enter the studio.

3. MANAGING ENTRY AND EXIT POINTS

Staff members will be allowing only one participant to enter or exit the studio/lobby at any given time to maintain social distancing guidelines. This also includes limited access to the cubby area and washrooms.

4. INCREASED CLEANING PROTOCOLS

Cleaning/disinfecting of “frequently touched surfaces” such as light switches, door handles, door jams, etc. will be conducted before and after each class. A Government of Canada approved disinfectant (DIN 02245935) will be used.

5. TEMPORARY REMOVAL OF COMMUNAL EQUIPMENT

Red Door Yoga will no longer be providing communal props such as blocks, bolsters, straps, mats and blankets. We have temporarily removed these items from the studio. If you require props for any particular class, please feel free to bring your own.

6. ADDITIONAL SIGNAGE

We have posted additional signage throughout the studio reminding participants of the physical distancing requirements, entry and exit protocols, and the importance of hand hygiene.

YOUR COMMITMENT TO EACH OTHER

In order for the previously mentioned policies and procedures to be 100% effective in insuring the continued health and well being of yourself and our staff members, we respectfully request your help with the following items:

1. SELF SCREENING

Please do not enter the studio if you are feeling unwell or have any or all of the following symptoms: COUGHING, FEVER, SORE THROAT or DIFFICULTY BREATHING.

2. ENTERING AND EXITING THE STUDIO

Please do not enter or exit the studio until instructed to do so by one of our staff members. It is extremely important to limit the number of people in the lobby/cubby area at any given time. When entering and exiting the studio, please do so in a timely fashion.

3. MASKS OPTIONAL

The wearing of masks while at the Red Door Yoga studio is recommended but not mandatory.

4. RESPECT THE SOCIAL DISTANCING GUIDELINES

Please follow the markers and signs posted in the studio. Please keep a distance of 2 metres between yourself and all other participants at all times.

5. LIMITED PERSONAL BELONGINGS

Please refrain from bringing unnecessary items into the studio. Please leave cell phones, purses, bags, coats (weather permitting) in your car. Please use the cubby area for the storage of keys and shoes only.

6. EXERCISE PATIENCE

We understand the inherent difficulties in implementing the BC Ministry of Health Guidelines and the inconvenience it may cause. We greatly appreciate your patience and cooperation during this difficult time. Please be respectful of your fellow community members while participating in group yoga classes at the Red Door Yoga studio. We are all in this together.

