



COVID-19 Studio Safety Procedure – Version 3

Purpose

The safety of our students and staff is our #1 priority. Yoga-Tastic 4 Kids Inc. is dedicated to delivering a healthy way of life and a fun filled environment to our communities. With a carefully planned approach to following local safety guidelines, we have developed these interactive procedures that will help support the staff and students through the challenges that COVID-19 presents to our studio. Yoga-Tastic 4 Kids Inc. will closely monitor recommendations by the World Health Organization, Health Canada and regional health authorities to make changes to this document when required. Each of us will play an important role in making Yoga-Tastic 4 Kids Inc. a fun and safe environment for everyone while adhering to all recommended best practices.

This has been a difficult time for everyone. The return to school and the studio will present unique challenges as we all adapt to the new “normal”. Your ongoing support and adherence to the practices outlined in this procedure is appreciated. This will be critical in establishing a studio environment where staff and students feel comfortable participating in today’s challenging conditions.

Disclaimer

The procedure is a fluid document. As recommendations and practices are updated, this procedure will be adjusted to reflect those changes as they become available.

Safe Studio

In accordance with governmental orders and guidelines, Yoga-Tastic 4 Kids Inc. is taking extra precautions to help our communities stay safe and healthy while our programs are in operation. This includes extensive cleaning protocols and social distancing practices within our studio. The studio itself is designed with an expandable wall in the center of the studio. This feature provides two separate rooms to ensure social distancing between cohorts. All suspension hammocks are positioned at a distance greater than 6 feet apart.

A Comprehensive Approach

Yoga-Tastic 4 Kids Inc. staff and students shall do their part by following Health Canada’s stringent sanitation protocols for proper disinfection, social distancing when possible as

well as any additional procedures recommended by Health Canada as they are made available. Our goal at Yoga-Tastic 4 Kids Inc. is to go above and beyond to achieve a new level of safety. To help us in our efforts, please adhere to the following when at the studio.

Best Practices:

- Cleaning your hands often:
 - Use soap and water for a minimum of 20 seconds, or an alcohol-based hand sanitizer
 - Don't touch your eyes, nose or mouth
 - Stay approximately (2 meters) from other people when possible
 - Do not gather in groups exceeding government guidelines
 - Stay out of crowded places and avoid mass gatherings
 - Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze
 - Stay home if you feel unwell. Some common symptoms:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Clean and disinfect surfaces frequently
 - Do not share items

What to expect at the studio:

- Revised schedules in order to keep numbers to a minimum
- Hand sanitizing breaks
- Individually labeled craft bins for each student
- Table separation guards
- Screening:
 - Questionnaires – All staff and students will be required to complete a screening examination prior to entering the studio including:
 - Social distancing rules
 - Temperature checks
 - Verbal general wellbeing survey

Face coverings:

- Staff and students must wear a mask all at times except when eating.

Deep Cleans

- Continuous, scheduled disinfection of high-touch surfaces throughout the studio including washrooms, results will be recorded. Sanitize all tables and benches after snack breaks and mindfulness crafts.
- Sanitize vehicles before pick-up and after drop-off of students.
 - Students will sanitizes hands before entering vehicles

- All passengers and drivers will wear masks
- Studio hours adjusted to allow for end of day deep cleaning in preparation for the following days activities
- Additional laundering of hammocks.
- Individual yoga mats for each student. Yoga mats will also be separated from each other when stored.
- “No Touch” amenities in the washrooms
- Washrooms sanitized after each use
- The usage of cleaners with a D.I.N or low level hospital grade disinfectant

Enhanced Procedures

- Team members will receive training in the form of video review including:
 - Multimedia Training System (MTS) Video review of P.P.E. protocol and usage
 - Multimedia Training System (MTS) Video review of Coronavirus Awareness
- All students and staff will be screened for symptoms upon entry to the studio including, but not limited to, temperature checks and screening questions.
- Face coverings to be worn during transportation to and from the studio
- All classes and programs are booked online to ensure adherence to capacity recommendations.
- Disinfectant cleaners supplied to staff members for cleaning. Cleaners used will have a D.I.N or be a low-level hospital grade disinfectant.
- P.P.E. (Personnel Protective Equipment) provided to staff members and students as needed. All staff members will be wearing facial masks or coverings.
- Social distancing markers located throughout the studio.
- Two separate rooms to accommodate one cohort in each room (Before & After-School Program)
- Participants will cohort in groups as recommended by Health Canada.
- Cohorts will stay together and not intermingle during various activities
- Staggered bathroom breaks and supervised hand washing breaks
- Each student will be given their own craft supplies when participating in mindfulness activities.
- Face coverings or non-medical facemasks will always be worn other than snack time.
- Daily log of information about anyone who stays at the studio 15 minutes or longer to aid in contact tracing.

Self-Cleaning Stations

- Easy, readily available equipment disinfectant sprays for hammocks.
- Each hammock will be diligently sanitized before the next participant.

- Hand-sanitizing stations are conveniently located throughout the Studio.

SOCIAL DISTANCING

A Safer Way to Be Together

We are taking careful actions to facilitate social distancing. Look for extra signs to guide you through the studio and help us all practice social distancing. A suspension hammock by nature requires a certain amount of space around the suspension point to accommodate each participant. Activities taking place outside the studio will also have social distancing measures in place (ie. ground markers).

We're One Healthy Community

Yoga-Tastic 4 Kids Inc. is dedicated to the health and safety of our entire community including our team members, participants and visitors to the studio. In addition to adapting the environment in which they work, our staff will help to ensure adequate cleanliness and spacing between all participants. Team members will be required to wear masks and self-temperature checks will be taken prior to each shift consistent with government orders and guidelines.

Our everyday "normal" lives may be bent, but it is not broken. The participants in our programs will engage in various fun filled activities all while adhering to Health Canada recommendations. We believe in the power of positivity. The goal of our Program Directors and staff members is to ensure every participant learns, grows and develops the necessary skill sets needed to overcome situations like the one we are all currently facing. Should you have any questions or concerns about our programs or protocol, please feel free to contact us at any time....info@yogatastic4kids.ca

Namaste,

Miss. Sandra
Program Director
Yoga-Tastic 4 Kids Inc.