Procedures and Protocols for Safety during the COVID-19 Pandemic

The Denver Mysore Community is fortunate to be in a studio space that is very large and spacious. This has made it possible for us to safely reopen earlier this year. Special procedures and practices have been added and are essential and mandatory. Please review these procedures on a regular basis. Underlying all of this is kindness and consideration of our own wellbeing as well as others, including our friends, family and community.

UPDATED 10/12/2020

General Procedures

i. If you are feeling sick stay home. This applies to everyone. It is important that we all consider each other's wellbeing and do everything we can to minimize and ideally eliminate the spread of sickness.

ii. Everyone is required to wear a mask when arriving, leaving and moving about the studio space. Additionally students and instructors will wear masks during class and practice when they can do so safely.

iii. Everyone must wear a mask while practicing. The mask may be lowered briefly, but left on, when a moment is needed to catch your breath.

iv. Upon entering the studio everyone is required to sanitize their hands at one of the cleaning stations. The nearest cleaning station is right at the studio entrance.

v. Mats are spaced 10.6 feet apart. Spacing indicators have been placed on the floor and base trim to help with this requirement. Distinctive blue colored tape has been used.

vi. All instruction and assistance will be done without any physical contact and at a distance of 6 feet.

vii. Bring your own mat as well as other props that you would like to use such as blankets, straps etc.

viii. If you anticipate needing Kleenex tissues or handkerchief you must bring your own. This will not be provided by the studio.

ix. If you develop symptoms while at class you should immediately notify the instructor and safely return to your home.

x. Do not sign-in in the customary way. The instructor will keep class attendance and update attendance records. The location of each student will be recorded in the attendance log to facilitate contact tracing should the need arise.

xi. Sanitizing wipes are provided to wipe the floor and your mat after completing your yoga practice.

xii. All city, state and federal guidelines are being monitored and complied with so this document will be updated as needed.

Class Size Limitation
For the Denver Mysore Community yoga class size will be limited to 12 people. This number includes the instructor(s) with the understanding that there may be as many as 3 instructors for some classes.

The number of people in the space will be monitored and controlled by the instructor(s). In the unusual case when the maximum capacity is reached the entrance will be closed off and no one is allowed to enter until someone leaves.

**Yoga Mats and other Equipment**

The only equipment that will be provided by the studio will be blocks. The blocks used during a class will be cleaned and sanitized by the instructor at the conclusion of class. Once a block is in use it will not be shared with anyone else.

No other equipment will be provided at the studio. Any other equipment or props that a student wishes to use must be their own and cannot be shared with others.

Sanitizing wipes will be provided for cleaning mats and other equipment. Mat storage is available and each person will have a designated and labeled slot.

**Hand Sanitizing**

Two hand sanitizing stations will be maintained at the studio. One at the entrance and the other at the sink located at the southwest corner of the studio.

**Face Masks**

Everyone will wear face coverings when arriving, leaving and moving about the studio space. Additionally students and instructors will wear masks during class and practice when they can do so safely. If you are unable to wear a mask while practicing you should not attend classes in our studio space and plan to attend the virtual classes that are being held 3 days a week.

**Storage of Shoes and Other Personnel Items**

Prior to class shoes and other personnel items must be stored in the provided storage bins along the western wall and adjacent to the studio entrance.

**Post-Class Cleaning (Instructors Only)**

At the conclusion of class and prior to anyone entering the studio for the next use of the space the following check list will be completed by the instructor(s).

- Sanitize and store any blocks that were used during class
- Sanitize the benchtops and storage bins
- Clean and sanitize the studio floor using the provided cleaning materials.
- Sanitize the interior and exterior door handles.
- Sanitize the tabletop located at the entry area and the light switches.