



**OKANAGAN
POLE DANCE
+ AERIAL FITNESS**

COVID-19 Safety Plan

UPDATED: JAN 14, 2021

OPD+AF COVID-19 SAFETY PLAN

This safety plan includes the OPD+AF policies and procedures put in place to reduce the risk of COVID-19 transmission and to keep students and instructors safe. Changes to this plan will be made as required. Your studio owner and all the OPD+AF instructors have read and agreed to adhere to the following plan.

These policies and procedures are **non-negotiable** and required to provide the safest environment possible for everyone in the community, and to allow the OPD+AF studio to remain open for business.

MASKS ARE REQUIRED AT ALL TIMES, except during exercise or unless you are exempt by PHO.

These policies are to be followed in addition to our regular studio policies posted on our website and in studio.

♥ REMEMBER THIS IS ALL TEMPORARY – WE WILL GET THROUGH THIS TOGETHER ♥

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| BEFORE COMING TO THE STUDIO | <ul style="list-style-type: none"> • DO NOT COME IF YOU ARE SICK or required to self isolate due to travel or potential exposure to COVID-19. • Remember we have a cancellation policy - so if you think you may need to cancel, make sure you do so outside of our cancellation window. <i>Temporary change: Late cancelled classes for students exhibiting COVID symptoms can be returned to your account upon email request. Please allow 1-2 business days for these requests.</i> • Put your pole/aerial gear on before you come so you don't need to change i.e. Wear your pole gear under your regular clothes • Bring your own water in a water bottle. No food is permitted except for medical reasons. Make sure you've eaten properly before you come. • <u>Bring your own mask – they are mandatory at all times,</u> except during exercise and for those who are exempt as per Provincial Health Orders. • Use of a mask during exercise is a personal choice. • Bring your own yoga mat if possible. • Do not bring visitors who are not participating – unless you are a minor who requires your parent to come in and sign your paperwork • Bring only necessary items into the studio • Every person entering the studio must perform the daily health check before entering (posted at front entry). |
| UPON ARRIVAL TO THE STUDIO | <ul style="list-style-type: none"> • Wait inside your car (or just outside) if you are more than 5-10 minutes early • Maintain 6 feet of distance as you come in the main entrance (right most door) • Sanitize your hands as you enter (and exit) – hand sanitizer is at the entrance • Remove your shoes and carry them up • Avoid touching door handles and handrails, etc, when at all possible. |

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| <p>IN THE LOBBY</p> | <ul style="list-style-type: none"> • Grab a white plastic bag at the lobby entrance and deposit your footwear and belongings into it. Try to use just one, but you may take two if you have really messy footwear. • Lockers, coat hooks, couch, fabric chairs and dressing rooms are “out of order” • Drinking fountain is out of order. • All purchases (class passes, pole gear, grip aids, and water purchases, etc) must be handled by your instructor. • Contactless payment methods are very strong recommended: Debit Tap, Credit Tap, and e-transfer is accepted inside the studio. Please try to avoid cash. • Proceed through the lobby to the appropriate room, while maintaining 6 feet between you and other people at all times. |
| <p>WASHROOMS</p> | <ul style="list-style-type: none"> • Follow the hygiene procedures posted in the washrooms, if you use the washroom. |
| <p>CLASS CAPACITY</p> | <ul style="list-style-type: none"> • All classes will be capped at one person per apparatus, keeping one reserved for the instructor. No exceptions. • Walk ins are only accepted following usual studio policy if there is space in class, sharing of equipment is strictly not allowed. |
| <p>CLASS TIMES</p> | <ul style="list-style-type: none"> • Some class times are slightly different to allow for staggered class times and proper cleaning between classes. |
| <p>OCCUPANCY LIMIT</p> | <ul style="list-style-type: none"> • 1 person per apparatus – YOU MUST STAY AT YOUR APPARATUS AND INSIDE YOUR ZONE • Studio 1 (smaller studio near main entrance): 8 students + 1 instructor • Studio 2 (larger pole + aerial studio at back): 9 students + 1 instructor • 1 person per washroom at at time • 6’ between people inside the rest of the studio • Never more than 25 people in entire top floor at once |
| <p>PAPERWORK REQUIREMENTS</p> | <ul style="list-style-type: none"> • As per usual studio policy, we require an updated liability waiver and ParQ. • We have added a COVID-19 Consent form and Health Check Confirmation to our required documents, which does need to be done at every class to confirm that you are symptom free and which can be used for contract tracing if required by our Health Authority. This will be circulated by the instructor. Disinfect your hands before and after signing. • All these documents must be signed by a parent/legal guardian if you are 18 years old or younger before class. Contact okanaganpoledance@gmail.com to organize this, it can all be done electronically. |

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| <p>IN THE STUDIO</p> | <ul style="list-style-type: none"> • Proceed through the lobby to the appropriate room, while maintaining 6 feet between you and other people at all times. • Place your bagged belongings in the white plastic baskets in your “zone” near each apparatus once you enter the studio • Ask for help if you need it – don’t be shy 😊 • Equipment cleaning supplies and a pen will be located in the baskets for you. • Disposable blue cloths will be available upon request. Reusable cloths are one per person and will be disinfected by the studio owner/designate in between each use • The equipment closets are now strictly for instructor use only. • The studios have taped off sections for pole students, you must stay within them. • Aerial hoop and hammock students have slightly different zones, ask your instructor for direction. (Briefly, the poles create your square “zone”) • In the event you need to leave the studio during class (i.e. to go to the washroom), you must wear a mask and you must do so when you can pass by the other people in the room and maintain 6 feet of distance from them. • At the end of your class, clean/tidy your equipment. • WASH/SANITIZE YOUR HANDS after you are done everything else • Classes must end on time to ensure we have time to clean properly in between. |
| <p>SPOTTING</p> | <ul style="list-style-type: none"> • Instructors are required to change their class planning to avoid regular spotting. • You choose whether or not to allow us to use physical contact with you ONLY in the event of the threat of a life-threatening fall, WHICH WE STRONG SUGGEST you allow us to do. Sustaining a life threatening injury/fall is worse than the potential of contracting/transmitting COVID-19 during a last-resort spot. |
| <p>EXITING</p> | <ul style="list-style-type: none"> • Exit via the back door, if you are in Studio2 (the far back one). • Exit via the main door if you are leaving from Studio1 (the smaller, front studio). • You must exit at the end of class; no congregating or visiting is allowed. • Maintain at least 6’ between yourself and other people as you leave. |
| <p>ENHANCED CLEANING PROTOCOL</p> | <ul style="list-style-type: none"> • While we have always have a high standard regarding cleaning, it has been stepped up even further while we navigate this pandemic to allow for thorough cleaning in between every studio use. • A half hour of time between classes is reserved for cleaning + dry time • All equipment and apparatuses will be sanitized between classes • The studio floors will be sanitized between classes • High-touch surfaces will be sanitized between classes (door knobs, light switches) • Please avoid unnecessary touching of all other surfaces (mirrors, walls, etc) • Hand sanitizing stations will be available in the lobby and at the entrance and backdoor exit. • The washrooms are well equipped with soap for hand washing. • Zero exceptions for equipment sharing. • Yoga mats must be brought from home for the time being. • No eating/food allowed inside the studio for the time being, unless it is a medical emergency. • Bring your own water bottles and water. |

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| ILLNESS | <ul style="list-style-type: none">• No students or instructors are permitted in the studio if they are sick, please schedule/cancel your classes accordingly so you do not lose your class inside the cancellation window.• Late cancelled classes for people exhibiting COVID 19 symptoms requires an email request for the class credit to be returned to your account. This measure is a temporary change, altered from requiring a doctors note. However, if you late cancel due to COVID symptoms, you will not be allowed to book classes for the required amount of time as required by the BCCDC. See last page of document for detail. Passes will be extended as required, contact us via email for extensions. okanaganpoledance@gmail.com• Adhere to health officials recommendations regarding self-isolation as required. |
| CELL PHONE | <ul style="list-style-type: none">• Please clean your cellphone before using it in the studio!• Stay inside your zone!• Adhere to the usual class policies around cell phone use (no filming during class time)• Filming during free dance or at the end of a choreo class is allowed with instructor permission – please only film yourself as much as possible. |

We sincerely appreciate your patience and respect of our new policies and procedures while we navigate this difficult new time during the COVID-19 Pandemic. We realize they may be less than ideal but it is required in order to maintain our ability to reopen and stay open for our community. With everyone's cooperation, we hope to return to "normal" as soon as possible.

Enjoy + stay safe and healthy! ♥

#OPDstrong

#okanaganpoledanceandaerialfitness

OPD+AF Instructor Policies + Procedures

All instructors have read the entire OPD+AF Safety to indicate that they understand the new policies and procedures and agree to follow them and ensure that others adhere to the same. A signed copy of this Plan provides the documentation required to in order to teach and have access to the studio during the COVID-19 Pandemic.

*Thank you for your patience and understanding!
We love and appreciate all our students so much!*

-Erin + the rest of the OPD+AF Instructor Team

BCCDC Recommendations for

Ending isolation

Below you will find information about when you can stop isolating (and return to classes at OPD)

If you've been diagnosed with COVID-19, public health will tell you when you can end isolation.

- You will need to self-isolate for a minimum of 10 days since your symptoms started, AND
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
- You are feeling better (e.g. improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).

It can be a bit tricky to figure out when your fever has disappeared. It's easier if you keep a note of your temperature and your symptoms every day, so you know when to stop isolating safely.

Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

If you've tested negative for COVID-19

- After a negative COVID-19 test result, most people can stop isolating if their symptoms are gone.
- People who developed symptoms after being exposed to a confirmed case or after arriving from outside of Canada will need to continue to self-isolate.
- If your symptoms worsen, contact your health care professional or 8-1-1.

As of Jan 14, 2021

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sic>