



cedar wellness studio

move • transform • renew

COVID-19 PROTOCOLS

- Following public health and provincial guidelines for COVID-19
- Disinfecting surfaces, door knobs, common area surfaces regularly
- COVID-19 screening form online upon registration as well as when members arrive to class (this is to ensure nothing has changed from the time you register to the time you start class)
- Social distancing markers in studio for equipment and benches
- Sign in for members upon arrival
- Masks worn before class begins, masks are not needed during class
- Hand sanitizers are located all throughout the studio and entrance
- Instructors will stay on the mat while teaching
- Consistent communication with members regarding COVID-19 updates via social media and or our newsletter
- Hand washing signs and social distancing signs in studio
- Members will enter the studio one at a time and the studio will be open 15 minutes before class
- The total number of people in studio with social distancing is 9