



Covid 19 Protocols

Essentrics classes held at Elite Dance Academy

Client:

- Please do not enter the studio if you are experiencing any Covid 19 symptoms including fever, sore throat, difficulty breathing, runny nose – you will be sent home if you are displaying any symptoms - **ZERO TOLERANCE**.
- You must wear a mask to enter the studio. It can be removed once you're set up and class starts. Once class is over, you must put your mask back on.
- Fill out the "Screening Questionnaire" **BEFORE** setting up your mat (you may also print it at home and bring it with you).
- Sanitize hands or Wash hands for 20 seconds **BEFORE** class. I will provide hand sanitizer.
- Set up your mat respecting physical distancing of 6 feet.
- If using a chair, sanitizing wipes will be provided to clean chair after use (all chairs will have been sanitized prior to use).
- You are required to bring your own equipment (bands, blocks, hip cushions).

Lynne:

- I will ensure that the studio has been cleaned prior to our class. The owner of the studio will be fogging our space in the evening to ensure that we are in a sanitized space in the morning.
- I will wear a mask prior to and after class. To teach I will face the mirrors without a mask.
- I will wash/sanitize my hands before and after classes

***Please note that these protocols may change depending on Alberta Health and City of Calgary requirements. Thank you for being adaptable and following all guidelines.