

We're so happy you're here, welcome back! Please read and review prior to returning..

## **COVID PROTOCOLS**

In order for everyone to have a safe experience at Root Down Power Yoga, please read over our new procedures. Your safety and the safety of the Root Down team is of the utmost importance. As always, if you have any questions, please email: [info@rootdownpoweryoga.com](mailto:info@rootdownpoweryoga.com)

### **PLEASE WEAR A MASK:**

When entering the studio, please have your mask on. When you arrive at your mat, you may take it off. If you need to move around the studio for any reason, please put your mask back on.

### **SANITIZE & TEMP CHECK:**

When you enter the studio there will be a station for temperature checks as well as a chance to sanitize your hands. The teacher for that class will check your temperature. Utilize hand sanitizer whenever necessary, there will be stations throughout the studio & bathroom.

### **WAIVER:**

You will be asked to sign a waiver as you enter the studio for EACH class you attend. We realize this may feel tedious. We ask for your patience in assuring the safety of everyone who enters RDPY.

### **PERSONAL BELONGINGS:**

When you enter, please take your shoes off and place them to the left of the door. You will proceed directly to a designated mat space (they are marked with white tape on the floor) with your belongings. PLEASE leave cell phones in your car if you can, if they must be with you, please have them on SILENT.

### **HOLD YOURSELF ACCOUNTABLE**

If you have come in contact with anyone who may have been exposed to Covid-19, or you are showing any signs or symptoms, please **stay home** and join us virtually for two weeks. If you have traveled to any of the red zones, please wait before coming back to the studio.

### **MEMBERSHIPS/CANCELLATION**

Thank you for understanding our new policies regarding cancellation. We ask that you cancel at least 24 hours before the class you signed up for. Failure to cancel, will result in a \$20 fee or loss of class. We are a small boutique studio doing our best to survive within the limits that

have been set by the state of CT. If a teacher is not feeling well, class may be cancelled if a substitute cannot be found, in that case, no cancellation fee would be issued.

**WHAT WE ARE DOING TO KEEP YOU SAFE:**

We are limiting the number of people that can attend class. We have limited the number of classes on the schedule to make time for proper cleaning. Our air filters have been replaced with filters that have a MERV rating of 13. After each class, the HVAC unit will run once everyone leaves to clear the air of any bacteria. These filters are considered hospital grade.

**Thank you for your kindness and understanding. We are better together so let's keep each other SAFE!**