

# **VPC Public Health & Safety Plan**

*Revised March 3, 2022*

## **Proof of vaccination required**

From Monday, October 25, 2021, all clients will be required to be fully vaccinated to continue accessing our services.

- We will ask for your written consent to record your vaccination status, to make it easier for repeat visits.

Only the BC Vaccination Card (paper or digital version) will be accepted.

## **Studio Set-up**

Workout stations have been separated to allow for physical distancing during appointments.

- For equipment programs, you will have your own workout station with reformer, mat, and spine corrector for personal use during your appointment.

Shared equipment (Cadillac, chair, etc.) is available for use during Personal Equipment Program group appointments.

- If you use this equipment, please be aware that:
  - 1) You will be responsible for cleaning the apparatus after each use.
  - 2) You may be asked to limit usage to 2 consecutive exercises if others are waiting.

Shared exercise accessories and small props (i.e. balls, bands etc.) are available for use.

- You are welcome to bring your own.

A Plexiglass barrier has been installed at our front desk.

- We will not be accepting cash transactions. Only electronic payments by credit card will be accepted.
- We now have the ability to securely store credit cards on your account for no-contact payments, at your request.

## **Before You Arrive**

Personal non-medical masks must be worn while in the studio at all times.

- VPC will have disposable non-medical masks by donation if you forget yours.

In an effort to limit communal/shared items, bring your own:

- Filled water bottle
- Personal exercise accessories (balls, bands, etc.)

Arrive in your exercise clothing when possible.

- Our spare clothing cupboard will not be available.

Personal responsibility:

- **If you are feeling ill for any reason**, please cancel your appointment(s) and do not plan to return to the studio until you are fully recovered.
  - Our late cancellation fees will be waived for absences related to sudden onset of symptoms allowing less than 24-hours notice of cancellation.
  - As recommended by the Public Health Office for anyone experiencing any illness, please complete the **BC COVID-19 Self-Assessment Tool**: <https://bc.thrive.health>
- If you are not symptom-free by your next scheduled appointment, please ensure that you give 24-hours notice for any further appointments you may need to cancel.
- Please alert us if you are cancelling due to possible COVID-19 symptoms or self-isolation requirements.
  - Your account will then be put on a medical reserve, and no further charges will apply for cancelled sessions while you recover.

## When You Arrive

Studio Access

- Entry will be by appointment only and will require proof of vaccination. Visitors and guests will not be permitted.
- Use hand sanitizer or wash hands immediately upon entering.
- Please arrive up to 10 minutes prior to the start of your appointment in order to be at your workout station when your appointment begins. If you arrive while the previous appointment is exiting you may be required to wait before entering.
- Shoes must be removed upon entry and left on the designated shoe rack.
- Coats may be hung on the hooks in the hallway next to the lobby.
- Limit front desk interaction; whenever possible communication should be done via phone or email.

## Occupancy

- Maximum occupancy will be 20, including VPC staff.
  - *West side 12, east side 8.*
- Physical distancing is recommended at all times in the facility.
- Single-person occupancy limit for bathrooms, staff kitchen and staff rooms, small office areas, and hallways.

## Traffic flow

- When entering or exiting via our front or rear stairwell, please allow people to finish ascending/descending before entering/exiting yourself.
- VPC staff will sign you in, retrieve your program and assign your reformer.
- Gather any accessories required for your program as soon as you enter and then go directly to your assigned workout station.
- At the end of your session, please remain at your station until there's room in the lobby for you to gather your belongings and exit.

## Cleaning & Hygiene

### VPC Staff

- Teaching staff will be required to wear non-medical masks during all appointments.
- Administrative staff will be required to wear non-medical masks except when answering the phone behind the front desk plexiglass barrier.
- VPC staff will not be permitted to work when sick or directed to self-isolate/quarantine.

### Equipment and High Touch Areas

- VPC staff will clean and disinfect high-touch areas throughout the day.
- Shared equipment must be cleaned by the client after each use.
- After their Personal Equipment Program appointments, clients will be responsible for cleaning their station and any studio props used, with support from VPC staff.

### Ventilation

- Windows will remain open during operating hours.