

VPC Public Health & Safety Plan

Before You Arrive

Personal non-medical masks must be worn while moving around the studio and in communal areas, including when using shared equipment, in the lobby, dressing room and washrooms.

- We invite you to remove your mask **while at your workout station** during group workouts or classes, if you are comfortable doing so.
- We will ask you to wear a mask during private appointments.
- Please wear a mask if:
 - you are at high risk for severe illness.
 - you are recovering from COVID-19 and following public health guidelines regarding resuming activities.
 - you are a close contact of someone with COVID-19 or symptoms of COVID-19.

In an effort to limit communal/shared items, bring your own filled water bottle.

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.
- 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>
- **Equipment program clients:**
 - Our late cancellation fees will be waived for absences related to sudden onset of symptoms allowing less than 24 hours notice of cancellation.
 - 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.
- **In-studio class clients:**
 - In the event that you miss an in-studio class in a series due to illness, you will receive credit towards your next series for:

- 1 class for a once-weekly series.
- 2 classes for a twice-weekly series.

When You Arrive

Studio Access

- 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.
- 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.
 - Contactless payments are preferred. We now have the ability to securely store credit cards on your account for no-contact payments.

Occupancy

- Physical distancing is encouraged in the facility.
- Single-person occupancy limit applies to bathrooms and change rooms.

Traffic flow

- When entering or exiting via our front or rear stairwell, please allow people to finish ascending/descending before entering/exiting yourself.
- Gather any accessories required for your program as soon as you enter and then go directly to your assigned workout station.

Studio Set-up

- For equipment programs, you will have your own workout station with reformer, mat, and spine corrector for personal use during your appointment.
 - If you choose not to wear a mask while at your workout station:
 - teaching staff reserve the right to verbally cue you.
 - Please use the hooks installed on your cone of cleanliness to “park” your mask while not in use. Please wipe down your cone when you clean your workout station.
- Shared equipment (Cadillac, chair, etc.) is available for use during Personal Equipment Program group appointments.

- If you use this equipment, please be aware that 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.

Cleaning & Hygiene

VPC Staff

- Staff will be required to wear non-medical masks while in the studio.
- 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.
- Please sanitize your hands prior to using shared equipment. If you forget to sanitize your hands, we ask that you clean the equipment once you have completed your exercises.
- 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.