

Re-Opening during COVID-19 in Montana - Details for June 2020

Prior to Class

- **Reservations** are now REQUIRED and will be on a first come first served basis.
- **Social-Distancing** requires limiting the size of each class.
 - **YOU MUST PRE-REGISTER** for class. When a class is full, a waitlist will be created online. If you are on the waitlist, you will be notified of a cancellation and will be given the opportunity to register.
- **If the computer system doesn't work for you, contact me directly,** montanaomyoga@gmail.com or 406-253-0177 to request that I make your reservation.
- **Drop-Ins** This will **ONLY** be an option for those who have attended class at Montana Om Yoga within the past year and have a current student information form on file. **If the class is full, you will be turned away**
- **Cancellations** made less than 24 hours prior to IN STUDIO class will result in being charged for the class as if attended. This DOES NOT apply to Zoom Yoga. Contact Bonnie K. if you need an exception.
- **Zoom Option** for some classes. Please register for that class online as well. There is no limit to the number of students who want to attend via Zoom. Attendance will not be taken in the Zoom classroom. Payment will be on the honor system. **If you want to pay for the class, please pay online** or sent me a note for it to be deducted from your package.

At the Studio

For the wellbeing of everyone in attendance, I ask that these rules be respected!

- **Masks** are suggested and welcome while entering and leaving and will be optional during class. Same for instructors.
- **ENTER** at the front door and **EXIT** through the back door of the studio. Please do not linger in the doorway.
- **Sign In** is no longer required. You can pay online with a credit card or in person with a check or cash. Place any cash (exact amount) or check in an envelope and hand it directly to me.
- **Marked Practice Spaces** To allow for 6' distances, places for your mat are marked on the floor with tape. Maximum student capacity in the past was 16. We are now limited to 10 and a teacher.
- **Pack It In/Pack It Out** Contain what you need for class in a duffle. Everything that is yours will stay in that bag near your mat. Please be considerate of your neighbor as you place your belongings in the studio. I suggest that you leave anything you will not use during class, in your car.
- **Shoes** Slip on and off shoes are recommended. Remove prior to entering the yoga space and place them in your bag.
- **Prop Sale** For now, we cannot share props. Students must bring their own.
- Used/cleaned Studio Props will be available for sale.
 - Baby Bolsters – \$10 - Retail - \$35
 - Baby Bolster(mini) – \$10 Retail - \$25
 - Belts - \$5 each – Retail \$15
 - Blankets-\$5 Retail – \$15
 - Blocks either size- \$5 each – Retail \$12
 - Big Green Bolsters - \$25 retail \$59

DURING CLASS

- **NO PHYSICAL CONTACT** We are all craving a big hug from a friend, please refrain for now. Instructors will not be making physical adjustments or walking around. There will be no partner work.
- **Ventilation** Both the front and back doors will be left open and the fans will be on to provide ventilation. Some spaces by the door may be chillier, so bring light layers for varied temperatures.
- **ZOOM Live and Recordings** Some of you will be on camera during these combined classes. Classes will be recorded for later viewing. The mats to the front of the room will be on the camera. Please talk to me if you have concerns about this.
- **Care and Use of Chairs** Studio chairs will remain for shared use. You are welcome to bring your own. Prior to class, studio chairs will be placed out in the room, near a mat space. After class, please leave them out in the room for cleaning/disinfecting.
- **RESTROOM** When using the restroom, please be aware of your distancing to others. The hallway is narrow, suggest waiting until you see that no one is in the hall or restroom. I suggest that you wipe down the highly touched places in the restroom BEFORE and AFTER you use it. Disinfectant wipes will be available in the hall and the restroom.
Thank you for helping.

YOUR HEALTH

- Students pledge not to attend class if they have had any covid-19 symptoms within the last two weeks. Symptoms include:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Please wash and sanitize your hands before class. Consider bringing your own bottle of sanitizer.
- If you start coughing or sneezing, please pack-up and quietly leave.
- Because we care for each other, if you have been diagnosed with COVID-19 or have been directly exposed to someone diagnosed with COVID-19, have recently been to class and have inadvertently exposed fellow students, please inform me, Bonnie Kiser ASAP with the specifics.

CLEANING SPECIFICS

CDC cleaning protocols will be followed and will happen before and after each class. Tissues, wipes, and hand-sanitizer will be available in multiple locations in the room, near the restroom entrances and in the restroom.

- CDC approved cleaners will be utilized.
- All high touch surfaces including walls, door knobs, etc. will be cleaned between classes.
- Floors will be cleaned and disinfected after each use.
- Chairs will be disinfected between each use.
- Highly touched surfaces in the bathrooms will be disinfected after class.

This list of guidelines is subject to change as we learn more. I welcome your comments, concerns and ideas!

Thank you,
Bonnie Kiser