

COVID19 Policy and Procedures

As we all continue to deal with COVID19, we will have implemented the following studio policies and procedures to support your health and safety. These policies and procedures all meet Center for Disease Control guidelines.

Symptoms Checklist

Symptoms of COVID19 can vary widely from person to person, and some people may be totally asymptomatic. In general, however, if you do experience symptoms of COVID19 they will generally appear anywhere from 2-14 days after contracting the virus. So the best place to start is by asking yourself if you have any of the following symptoms:

- Fever greater than 100 degrees Fahrenheit or chills
- Cough (that is not due to known allergies)
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (that is not due to known allergies)
- Nausea or vomiting
- Diarrhea

Other considerations are:

- Have you traveled outside the U.S. recently?
- Have you been in contact with anyone who tested positive for the virus and was it within the past two week?

If you answer yes to either of the above two questions or have any of the symptoms listed (especially a combination of one or more) within 48 hours of your session/class at 5th Line,
please let us know immediately and we will discuss whether we need to cancel or reschedule your class or session.

IF you experience the symptoms above
less than 24 hours prior to your scheduled class or session, and you must cancel / reschedule your appointment
you will not be charged for your missed appointment AT THAT TIME,

BUT ONLY ON THE CONDITION

you obtain and provide positive test results within 3 days of your missed appointment.

IF YOU CANNOT PROVIDE POSITIVE TEST RESULTS WITHIN THAT TIME FRAME, YOU WILL BE CHARGED THE FULL PRICE FOR YOUR MISSED SESSION OR CLASS.

Only when you can provide negative COVID19 test results will you be allowed to return to the studio.

Number of People Allowed In the Studio At Once And Social Distancing

We will only be allowing 10 individuals, inclusive of instructors, to be in the studio at the same time. If the studio is being shared, we will maintain as much distance between each staff / client pair as possible.

We have a small waiting area, but it is open to the studio. We will allow 15-20 minutes between the end of one class and the beginning of another. This extra time in between classes will better help everyone maintain a comfortable distance from one another, give us time to perform the cleaning procedures between classes (detailed later), help everyone become familiar with pre-class procedures without feeling rushed, and allow for checking in/out.

We therefore ask you arrive no earlier than 10 min prior to your class or session (15 min. if it is your first time in the studio). There is also a hallway you may wait in if you are uncomfortable waiting in the studio. Hopefully, given the extra time between classes/sessions, there should not be too much congestion near the door as one group of client(s) will have most likely left just prior to the next group of clients or client arriving.

All of our machines are at least six feet apart, if not more. Once you have taken a few classes, you will be allowed to go straight to a machine if it has been sanitized and you have self-sanitized (detailed below) so you don't have to stay in the waiting area. This will allow even more opportunity for social distancing.

For those who are very concerned about social distancing, you are also welcome to wait in the hallway if you feel the studio is too crowded (please note however, that upon entry /re-entry to the studio you will be asked to re-sanitize your hands and feet.)

Restroom and Changing Facilities

The entire building is in the end stages of being remodeled. Part of the remodel was the men's and women's restrooms which are just right next door to us down the hallway. At this writing, the men's restroom is complete and is acting as a unisex restroom. The women's restroom should be complete within the next week. The men's room has one stall and one urinal – the women's will have two stalls.

The studio does not have any changing area, so please plan to arrive in the clothes you will be working out in;, otherwise your only option will be to use the restroom to change. [Please see FAQ section on our website under the "Studio" tab in the menu at the top of the web page for appropriate clothing and prohibited clothing.](#)

Equipment and Studio Sanitization

The studio will be thoroughly cleaned each day. Floors will be swept and mopped; benches, cubbies, cabinets, window ledges, light switches, door handles and all wooden parts of the equipment will be cleaned with a sanitizing solution. Non wooden parts of the equipment and any small equipment used during a session or class will be sanitized with a 70% alcohol solution between each client. Any fabric straps used, or to be used will be cleaned in a UV Light Sanitization Unit in between classes and private sessions.

Personal Effects

Please bring only the minimal personal items necessary into the studio with you as storage space is quite minimal.

ENTRANCE AND EXITING PROCEDURES

Masks

Since the most recent laws mandate that masks are not required in public places, we will not require you to wear a mask at any time while in the studio, although if you would like to wear one, you are perfectly welcome to do so. We are supportive of your choice either way according to your own comfort level. That said, we also ask you respect the fears some have of everyone being unmasked and that if you notice someone wearing a mask, you would kindly attempt to maintain social distance and perhaps temporarily put a mask on until you and the masked person can have appropriate distance between you. Again, we are supportive of your choice to make decisions about your own health.

Temperature Readings

Upon entering the studio we will take your temperature with a touchless, electronic thermometer. If your temperature is greater than 100.4 degrees Fahrenheit, we will have to cancel and reschedule your appointment and as stated above, you will be required to get officially tested and show negative test results for the virus before we can allow you back in the studio.

Hand and Feet Sanitization

You will see a sign on the door stating “No Street Shoes Allowed Beyond Blue Floor Tape”, and an area outlined on the floor with blue tape. This is our waiting / sanitizing area. There are 12”x12”cubbies to put your personal effects in. We then kindly request that the first people to enter the studio to wait for a class or session move to the bench on the far side of the cubby cabinet, take your shoes off (and if you wore socks in, your socks too) and place them under the bench rather than in the cubbies. If, of course, the further bench is full, please use the bench nearest to the door.

GYROTONIC® and GYROKINESIS® Methods of exercise as well as Pilates exercises are most often performed barefooted in order for the client to receive the best biomechanical feedback. We therefore will have you sanitize your hands and feet with the spray bottles on top of the cubby containing tea tree oil -- a natural antiseptic and antiviral oil. Wash cloths are next to the spray bottles and we ask you to please spray your cloth first and then wipe your hands and feet thoroughly with the cloth as opposed to spraying your hands and feet directly as this tends to get the floor wet and slippery if not wiped up. If you would rather use your sanitizing gel or wipes, you are welcome to do so. You may then dispose of your used wash cloth in one of the black, plastic receptacles on either side of the two benches. These are for wash clothes only and ARE NOT TRASH CANS. If you need to have something put in the trash, there is a trash basket with a liner in it just inside the closet area.

Socks and Gloves

As previously stated, our methods of exercise are best performed without sock or gloves. That said, if you would prefer to wear socks we encourage you to do as long as they are socks that are clean and were not worn into the studio. We highly recommend socks that have “sleeves” for each toe (similar to gloves for the hand). Socks that also have non-skid applications on the bottom are strongly encouraged as our floors are wood, and without the non-skid applications your feet will tend to slide, making some of the exercises difficult.

Although the equipment is sanitized between each class and client, if you are not comfortable touching the equipment with your bare hands you may request a pair of our light weight, knit gloves which have been UV light sanitized. You may bring your own pair of freshly washed gloves to wear if you wish, however you will not be permitted to wear latex or nitrile gloves as they cause the hands to sweat too much.

Straps, Towels and Hand Towels

When your class or session begins, your will be given a pair of UV Light Sanitized straps and blue hand towel. If you are going to be working on the covered Gyrotonic bench unit, a longer, white towel will be given to you to put on top of the cloth bench.

If you do not already know how, your instructor will show you how to attach the straps to your machine. Please set your blue hand towel over the top of the wooden part of the tower, right in the middle so as not to interfere with the pulleys. The blue towels will be used to place over the pillows you might choose to use under your head while doing foot strap work. If you know from experience you don't want to use a pillow, please politely decline the blue towel as it will save us from a lot of unnecessary laundry!

At the end of class, you will be responsible for cleaning only the vinyl covered parts of you machine using the spray bottles on the ledge and the blue hand towel you used on top of your pillow. **PLEASE DO NOT USE THIS SOLUTION TO CLEAN ANY WOODEN PARTS OF THE MACHINE AS IT IS VERY DAMAGING TO THE WOOD!** To ensure no excess spray

gets on the wood, it is best to spray the towel first in a small area and then use the towel to wipe the bench and any other small equipment used such as the lollipop back rest, etc. (Do not worry about cleaning the handles as your instructor will use the milder solution to clean the handles). Once you have cleaned your machine and small equipment and put them away, you will be instructed to take the straps off your machine and hand them to your instructor for cleaning in the UV Light Sanitizing box. You may discard your blue towels (and if given one, your white towel) into the black, plastic receptacles on either of the side walls.

HANDS ON GUIDANCE BY THE INSTRUCTOR

The Gyrotonic and Gyrokinesis Methods and Pilates exercises are inherently best taught with hands-on guidance from the instructor. If you feel comfortable with the instructor touching you to guide you, please let them know (they will have sanitized their hands in between clients). If you would like hands-on instruction and guidance but do not wish to be touched by the instructor with their bare hands, you may request the instructor wears a pair of sanitized, knit gloves. If you do not wish your instructor touch you at all during the session, please let them know so they may respect your wishes and verbally instruct you only.

Instructors will not be required to wear masks throughout the duration of the session or class they are teaching, unless they choose to on their own. We will have masks which we can slip on quickly and easily for those who want hands-on instruction, but are concerned about the instructor not wearing a mask. After the instructor has assisted you, he or she will be free to remove their mask once again.

COVID19 TESTING WILL SOON BE AVAILABLE TO OUR CLIENTS AND INSTRUCTORS AT NO COST

5TH Line Movement and Fitness' owner and instructor, Jenny, in conjunction with Dr. James Strader, has recently been trained to administer **COVID19 TESTING AT OUR STUDIO AT NO COST TO OUR CLIENTS.**

The test was developed by Dr. James Strader, one of the leading doctors studying and overseeing testing practices for COVID19. You can read his bio, find out everything about his company that supplies these kits, and much more by clicking the following link: <https://biotestingsupplies.com/dr-james-strader/>

Dr. Strader has graciously afforded Jenny the opportunity to get trained and become a licensed provider of his test kits. She has undergone HIPPA and OSHA training as well as training from his company, Bio Testing Supplies. Official certificates of her training and status as an approved, licensed provider and administrator of these tests will be on the wall of the studio once the supplies arrive.

Jenny will be self-testing using these kits on a weekly basis. Other instructors working at 5th Line will be encouraged to test on a frequent basis too, but not required. Our clients will be encouraged to test on a regular basis using these kits as well. Testing will not be mandatory for anyone, but the more people that test on a consistent basis will only help to ensure we are doing everything possible to make clients feel safe and comfortable in our studio.

How it will work:

In the initial email I sent to clients regarding this opportunity to test, I indicated that the tests would be something clients could take home and perform at their leisure. That is actually not accurate – the tests must be taken at our studio and only administered by Jenny. The test will take about 10 -15 minutes, so it is something that our clients who want to be tested can do by showing up a bit early or staying a bit late when Jenny is in the studio (normally from around 10am – 4pm or 5pm, M-F); or we can set up a designated day(s) / time(s) when she will not be teaching and can test clients.

We do not have the test kits in quite yet, but expect them in the next few weeks. Once they arrive, In order to be set up with your own account in the Bio Testing Supplies portal and take your test, you will need a smart phone. With it, you will take a picture of the front of your driver's license, the front and back of your insurance card, and take a photo of a QR code only Jenny will have. You can set up your account in just a few minutes while collecting your saliva sample.

Each kit has very detailed instructions on how to set up your account in the portal, take the test, enter your information in your account and collect your sample. Once you have sufficiently filled your tube, you will leave your sample with Jenny in the studio. It will be sent via overnight mail to the lab in Houston and your results will be available to you through your portal account within 24 hours.

For your reference, following are links to a few articles about Dr. Strader's work with and involvement in accurate COVID19 testing and his efforts to help stop the spread of COVID19 worldwide:

<https://apnews.com/press-release/pr-newswire/7687f8223ae164126c1a4f1b69b463a1>

https://www.wfmz.com/news/pr_newswire/pr_newswire_health/beware-fake-covid-tests-how-to-tell-the-good-from-the-ugly/article_5ec3a2b3-281e-5719-bccf-bcdfc6529127.html

https://news.yahoo.com/joint-solution-workplace-protection-biosecurity-191700095.html?guc_consent_skip=1603914601

5th Line – A Safe, Healthy Place To Be And To Find Your Best Self!

We are excited to be able to serve our community and bring the very best in mind-body fitness to you while taking many reasonable and responsible measures to ensure the safety and comfort of our clients. As the COVID19 situation changes, so may our COVID19 policies and procedures. No matter what, you can be assured we will always have your best interest in mind, and if anything does change, you will be notified via email ASAP.

I, _____, have read, understand and agree to comply with the
(Client's Full, Printed Name)
above stated policy and procedures.

Client Signature

Date