

COVID19 YG - TEAM PROTOCOL

WELCOME BACK

- **WHAT IS THE NEW NORMAL FOR YOGAGROUND**
We continue our classes in an healthy environment where our students feel confident and safe. At the same time we keep the easy, fun and good community feeling we build on in the last 4 years. This means we as a team have to give our students the positive feeling they know us from and have to give them the same good service as before. The restrictions we have to deal with are important but the good vibe is even more.
- **OUR WAY TO CREATE A SAFE STUDIO**
We follow the guidelines of the RIVM. We make sure the rules are clear, as a team we have to pursue the guidelines in the studio. When people have a doubts or other ideas of the guidelines, never speculate just inform the management team so we can contact them in person. If anything is changing in the guidelines we will inform you via email and the frontdesk announcements. Make sure that you as a team member are up to date.
- **DO YOU HAVE ANY SYMPTONS OF COVID19 – DO NOT COME TO THE STUDIO, FIND A SUB FOR YOUR CLASS/SHIFT.**
This is the most important rule to keep our studio's a safe place. See below the 4 'triade' questions. Use the normal procedure to find subs for you classes. If it's a last minute (24Hours before class) cancellation call Karin (weekly working hours) or Ferdinand (evenings and weekends) So we will help you finding a sub.
 - Heb je op dit moment een huisgenoot met koorts en/of benauwdheidsklachten?
 - Heb je het nieuwe coronavirus gehad en is dit de afgelopen 7 dagen vastgesteld in een lab?
 - Heb je een huisgenoot /gezinslid met het nieuwe coronavirus en heb je in de afgelopen 14 dagen contact met hem/haar gehad terwijl hij/zij nog klachten had?
 - Ben je in quarantaine omdat je direct contact hebt gehad met iemand waarbij het nieuwe coronavirus is vastgesteld?
- **THE 6 STEPS**
 - 0 – student is healthy**
In the confirmation email of the reservation of the class the student will receive the 4 questions. The answer of the questions has to be 4 times no, otherwise the student can not join the class. These questions will be repeated on a flyer at the frontdesk.
 - 1 - wait for each other, 1 person enters the studio at a time**
We made floor stickers so people has to wait for each other while entering the studio. They have to follow the routing in the studio. Make sure people don't move forward and back in the hallways for example.
 - 2 - take off your shoes**
This is the same process as before
 - 3 - disinfect your hands**
We have MSM disinfect at the frontdesk the students has to use before the enter the rest of the studio
 - 4 - check in at our front desk**
We have screens hanging above the frontdesk so we as a team are safe to talk to our students. The student is not writing down their name. We just ask their names so we can check them in.
 - 5 - store your stuff**
The lockers will be in our hallway.
 - 6 - enter your class**
The teacher makes sure that the students will enter the room and put their mat on the available dots on the floor. For our HIT classes the student will wait at the front

space at the reception. So the teacher will pick them up from there 5 minutes before class.

- **CLEANING POLICY**

Between the classes the teacher makes sure the room is ready again for the next group. The frontdesk is responsible for the reception area and toilets. If there is no host, the teacher is responsible again.

- **reception/ toilets**

- Cleaning touching points with spray
 - Open doors/ windows when needed to create fresh air/ draft
 - Cleaning toilets and water taps

- **yoga-/ hit-room**

- cleaning touching points
 - ventilates the room
 - cleans the floor and mirrors (after a heated class)
 - hang used mats to dry in the hallway in the back

- closing shift evening host

Our cleaning team will do the cleaning once every two days per studio. That means the host needs to do a quick clean of the studio when the

- **AMOUNT OF STUDENTS PER ROOM**

We have added signing on the flooring per room. Make sure student use these to lay down their mat. We can not accept any extra students per class. See below the numbers per class:

- Yogaroom Weena – 12 x
 - Yogaroom Veerhaven 15x vinyasa, 16x Hot26/Hot core
 - Hit room Veerhaven – 6x
 - Hit room Open Air – 15x

- **SCHEDULE + CLASSES + WORKSHOPS**

We want to make sure our students can come to our classes when they would like. Because of the limited space per room we changed some classes in our schedule.

- Les 75 and 90 minutes classes
 - We added more non heated classes
 - We always have minimum of 30 minutes in between classes
 - In the weekend classes at Veerhaven starting earlier than before
 - We added some late morning and early afternoon classes so students can use more daytime classes
 - We use the month July to see how and when we will start with our workshops, our priority is to get our student back on the mat following our regular classes

- **BREATHING EXERCISES IN CLASS**

Please don't use any pranayama during class that includes heavy mouth breathing. For the Hot26 we changed the two breathing exercises and the Sit-Up Transition.

- **BOOKING CLASSES**

Because the space in the rooms are limited students can now book 1 week ahead instead of two weeks. The cancellation window is still 4 hours.

- *HEATING AND VENTILATION IN THE ROOMS*
The heated classes will be heated up to 32 degrees for Power and heated Flow classes and 36 degrees for HOT26 and HOT Core classes. The ventilation will be always on middle and when needed on max. Our ventilation system is always adding enough fresh air and is not reventialite the old air back in the room. This means our studios are 100% following the RIVM rules.
- *PROPS, MATS AND BOXING GLOVES*
Students have to bring their own mats and props. Also boxing gloves we will not provide. If a students wants to use our mats its on their own risk. For the HIT classes we provide equipement that will be cleaned by the student and teacher.
- *DRINKING AND EATING IN THE STUDIO*
We will not serve water in the studio. Student can still buy drinks. In the morning we serve coffee, but students can not stay longer then 15 minutes after class. We as team are not allowed to eat in the studio. Also its important we use our own drinking bottle.
- *TOILETS/ STAFF TOILETS/ SHOWERS AND CHANGING ROOMS*
Our students can use the toilets. We will reserve per studio 1 staff toilet. The changing rooms are only accesable for one student at the time so we will let our student know that they have to change at home/ office. If the student wants to use the changing rooms they have to ask the host. Showers remain close till further notice.
- *SETTING UP THE ROOMS*
yoga room setup
 - Make sure the ventilation is set for your class. Temperature is set automatic by thermostate . Set music.
HIT room setup
 - Make sure the ventilation is set for your class. Clean the attributes per station. Set music.
- *LAUNDRY*
For teachers and hosts: If the washing machine is full in the morning or during the day put the laundry in the dryer. In the evening our host and cleaning team are responsible for the laundry.