



## COVID-19 Guidelines for Students

1. Before coming to class, you'll be asked to complete the on-line screening assessment which can be found at <https://covid-19.ontario.ca/self-assessment/>. If you answer yes to any of these questions, we ask you to refrain from coming to class.
  2. If you are ill, have a runny nose, cold, cough or fever, or generally not feeling well, please refrain from coming to class.
  3. You'll be asked to use hand sanitizer upon entering the lobby.
  4. Mandatory face coverings are required in indoor spaces when physical distancing is a challenge. You will be required to wear a mask when entering the studio and setting up for class. Once on your mat you can remove your mask. There will be disposable face masks provided for any student who does not have a face covering. We will also honour (without question) anyone with a facemask medical exemption.
  5. Face coverings are not required to be worn while actively engaged in physical or athletic activity such as yoga. If a staff or student would feel more comfortable wearing a face covering during yoga class they may do so. Face coverings can be temporarily removed to practice yoga.
  6. Please bring your yoga mat and any props you'll need such as a blanket, cushion, blocks, bolster, eye pillow and strap, if you have them. Using props is optional. For hot yoga classes we recommend bringing a water bottle, towel (hand, bath or beach) and your own mat spray. For Yoga Fusion classes light weights are optional (1-4 lbs) and will need to be provided by each student. At this time, Calm the Soul Yoga studio's props cannot be shared with students.
  7. The floor will be marked with a designated spot for each yoga mat in the classrooms and mats must be placed accordingly.
  8. Frequently touched surfaces will be cleaned after each class and when visibly dirty; this includes doorknobs, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
  9. Mandatory physical distancing measures will be in place to stay 2 meters (6 feet) apart from others in the classroom spaces.
  10. Disinfectant wipes will be provided to clean the water cooler in between uses.
  11. Cleaner will be kept in the bathroom so that students and staff can wipe down surfaces (toilet, sink and handles) after each use.
  12. Indoor singing and chanting is not permitted according to the Ontario government guidelines. Our traditional sound of OM at the beginning and end of class will be done in silence.
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