



STUDIO **OM**
yoga | events | lifestyle

**Corona
protocol**

This protocol is meant to ensure safe opening of Studio OM & De Yogastudio to support the health and happiness of our community. We believe that yoga, meditation and mindfulness contribute to strenghtening the immune system and lead to less stress and anxiety.

In this protocol we share the insights that we comply with all RIVM measurements, including 1,5 meters distance.

Safe studio standards

Alle students are asked to follow these safe studio standards:

Practice distance

- 1. Reserve your class; no walk-ins allowed.
- 2. All purchases such as yoga cards or trial classes are made online.
- 2. Follow the floor markers or the instructions from our studio hostess or teachers.
- 3. Use the mat markers; all spots are marked.
- 4. We will fill the room from the back to the front.

Practice contact free

- 1. Check in at frontdesk or teacher, max 1 yogi.
- 2. dressingrooms are closed; make sure to change at home
- 3. No hands on adjustments, only verbal assists in class.
- 4. Studio will be open 15 min before and after class.

Practice clean

- 1. Bring your own yoga mat and props; no rental mats and studio props available.
- 2. Bring your own water bottle, we are not serving any tea after class.
- 3. Clean hands; wash your hands before and after class. Hand sanitizer is available in the studios.

Please note:

When a yogi looks ill/shows signs that he/she has a cold, runny nose or flu, the teacher/studio host will ask the yogi to leave.

Hygiene measures:

- Desinfactant is available in all studios.
- Yogis clean their hands with desinfactant when entering.
- Online transaction only, no cash.
- Yogis follow the routes to ensure the 1,5 meters distance.
- Yogis use the signed mat spots to ensure the 1,5 meters distance.
- No hands on adjustments.
- No studio mats or props; yogis bring their own yoga mat and props.
- Dressingsrooms are closed.
- Yogis change and shower at home.
- Only use the toilet when absolutely necessary. Make sure you go to the toilet at home before coming to class.
- Paper towels and soap are available in the toilet.
- Toilet is cleaned after every class.
- The studio will be cleaned before every class.

Communication to students

Studio	All relevant protocols, measurements and guidelines are shared on posters and infographics in our studios.
Email	In our newsletters all relevant information is shared. All new yogis will receive a notifications with our safe studio standards.
Website	All relevant protocols, measurements and guidelines are shared on our website www.studioom.nl

Employee protocol

- Teachers are fully updated on current safe studio standards and guidelines.
- Teachers bring their own yoga mat, props and water bottle.
- Teachers wash their hands before and after class
- Teachers are aware of the fact they need to keep 1,5 meters distance. No walking around during class.
- No hands on adjustments or other physical contact with students.
- If there's no studio host, teacher will help with logistics for getting yogis in the studio. We will fill the room from the back to the front to ensure the 1,5 meters distance.
- If there's no studio host available, teacher will be in the studio 15 minutes before class starts, to sign yogis in and support with logistics.
- If there's no studio host, teacher will be finished in studio 10 minutes after class to guide yogis out.
- Classes will last 60 instead of 75 minutes

Please note:

When feeling ill/sick or when you have a cough/runny nose; ask for a substitute ASAP and contact Santa.

Communication

All teachers and studio hosts revceived these safe studio standards via email. This document is also shared through our Whatsapp group.

All teachers and studio hosts are aware of the fact that they can call the studio manager at all times when they are in doubt or have questions regarding classes.

