



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 strengthening the immune system and leads to less stress and anxiety.

In this protocol we share the insights that we comply with all RIVM measurements, including 1,5 meter 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 tot he 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

- Desinfectant is available in all studios
- Yogi's clean their hands with desinfectant when entering
- Online transaction only, no cash.
- Yogi's follow the routes to ensure the 1,5 meter distance
- Yogi's use the signed mat spots to ensure the 1,5 meter distance
- No hands on adjustments.
- No studio mats or props; yogi's bring their own yoga mat and props.
- Dressingrooms are closed
- Yoga's 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.

Alle new yogi's will receive a notifications with our safe studio standards.

Website

alle 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 meter 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 yogi's in the studio. We will fill the room from the back to the front to ensure the 1,5 meter distance.
- If there's no studio host available, teacher will be 15 minutes before class starts in the studio to sign yogi's in and support with logistics.
- If there's no studio host, teacher will be 10 minutes after class finished in studio to guide yogi's out.
- Classes will last 60 min 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 hosten received 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.