



## Enhanced Studio Safety Guidelines

At The Barre Effect we have always focused on maintaining a clean, safe and inviting studio for all members and now will be taking this to an even higher level. In combination with industry specific guidelines set forth by the CDC and local government, we have devised an enhanced safety protocol for our studio effective upon reopening.

### General Safety

- PLEASE WASH OR SANITIZE YOUR HANDS IMMEDIATELY UPON ENTERING THE STUDIO AND AFTER CLASS.
  - Touchless soap and sanitizer dispensers are now placed throughout the studio.
- To ensure appropriate social distancing during class, we have significantly reduced class size by 65% to no more than 5 students per class.
  - Designated workout stations have been clearly marked on the barre and floor and will be assigned by instructor upon arrival. Please come in, remove your shoes and proceed to your spot.
- Cubbies/coat hooks will be unavailable until further notice to limit cross contact between personal belongings.
  - Plastic bins will be placed at each workout station so that you have a place to store your belongings during class. Bins will be sanitized between classes. Please minimize the items you bring to class (mask, grip socks, water, keys, personal props OK)
- Masks required at all times. Even with a drastic reduction in class size, we are unable to accommodate the 14-ft recommendation between students to be able to go without. Please arrive wearing a mask that is comfortable and stays in place while exercising.
- More efficient classes: All classes are now 45-min in length. *Shorter class, same great results!*
- Classes will be spaced 20-30min apart to allow enough time for proper cleaning to occur.
- No hands on adjustments/modifications by instructors.
- We will provide medical grade cleaner to each student at the end of class for thorough cleaning of workout station and props. Any handheld props that were used from the studio during class will be placed in a separate bin for an additional round of cleaning by staff and not immediately reused for the following class. (see "Studio Prop Usage" for more info)
- Barre Wraps are now **required** as an additional safety measure and for your own comfort and peace of mind. To provide a protective barrier between hands and the barre, please bring a Barre Wrap or small hand towel to class.
  - We have purchased a supply of custom made wraps specifically designed for barre that are available for purchase in the studio while supplies last. To purchase ahead of time, please contact us via email [TheBarreEffect@gmail.com](mailto:TheBarreEffect@gmail.com) and we will set it aside for you to pick up at your next class.
- Grip socks required for ALL classes. (nothing new here)
- Plexiglas partition placed at main desk. Please ask a staff member to assist you with retail items.
- Classes are by reservation only. We are unable to serve walk-in students at this time.
- Door will be propped open between classes whenever feasible.



## Enhanced Studio Safety Guidelines

### Studio Prop Usage

- **Please bring your own mat (required).**
- While we take strong precautions to clean/disinfect all high touch surfaces between classes, we highly recommend bringing your own props. Not all props will be used in every class, but it will be helpful to have them on hand just in case.
  - **light set of weights (1-3lbs)**
  - **small resistance ball**
  - **loop band**
  - **glider/slider**
- We may have occasional props and/or prop kits available for purchase in the studio based on availability. Contact us if you are in need of certain items and we will do our best to help you out.

### Self-Health Check

- Please conduct a brief self-health check prior to coming to class by familiarizing yourself with the common symptoms of COVID-19 listed below. If you are feeling ill or even slightly “under the weather”, please cancel your reservation on MINDBODY and get the rest you need. This is not the time to sweat it out with friends.

Please do not attend class if you are experiencing any of the following:

- **Fever**
- **Shortness of Breath**
- **Loss of Sense of Taste or Smell**
- **Dry Cough**
- **Runny Nose**
- **Sore Throat**
- **Have been in contact with someone who has tested positive for COVID-19**
- **Have tested positive for COVID-19**
- **Have been tested for COVID-19 and are awaiting results**

*This information will also be posted on our door as a final reminder prior to entering the studio.*

### Cancellation/No-Show Policy – EFFECTIVE AUGUST 2020

- Cancellations must occur on MINDBODY at minimum **6-hours** prior to class. Late cancellations will result in a loss of your reserved pass for that class + \$5 Late Cancel Fee.
- No-shows will result in the loss of your reserved pass for that class + \$10 No show fee.