

COVID-19 Prevention Policies for Customers:

Effective 3/7/2022, the following policies will be implemented in accordance with the current medical recommendations, city, and state laws.

- **Proof of vaccination no longer required.** Effective 3/7/2022, we will not be checking proof of vaccination any longer. Customers will still have to complete a waiver (one time) and sign in on every visit. The reasons for this decision are as follows:
 - **No Backing of the Law & Staff Safety.** Without the City mandate, we cannot enforce the vaccination requirement. Enforcing the mandate has been a constant source of stress, and frankly, attacks by those who oppose vaccines or the mandate. I have had to console tearful staff more times than I care to repeat. It will be too much of an unhealthy/unsafe situation to enforce this mandate now. I cannot put my staff in that position.
 - **Infection numbers are low/immunity levels are high.** Due to both vaccination and the recent surge, immunity levels are high. This with the low city-wide numbers leaves risks at very low levels comparable to other viruses.

- **Masks will continue to be optional in MOST situations (see below for more information).**
 - **Best Masking Practices:** It is important that when masking, for the best protection for yourself, KN95 and N95 masks are highly recommended. For information on these masks and how to find an legitimate, effective ones (there are many fakes out there): <https://www.nytimes.com/article/covid-masks.html>. The CDC website also has very detailed information on this. Otherwise, any mask should have a snug fit and cover the nose and mouth.

I. Quarantine Protocols & Requirements to Return (after positive test or potential exposure)

- a. **If you test positive**, one of two things must take place to return to the studio:
 - i. **A negative test after 5 days of asymptomatic isolation.** Rapid or at home test is acceptable. PCR tests may give a positive result even weeks after a person is not contagious.
 - ii. **Return after 10 days.** No test is required but you must be asymptomatic for at least 5 days.
- b. **If you were in close contact with someone who tested positive for COVID-19**, you can return if:
 - i. **You have one negative test after 3 days.** At home test is acceptable.
 - ii. **5 days have passed with no symptoms.** No test required.

II. Additional Protocols

- **Liability Waivers.** All persons must sign a waiver of liability and agreement to terms prior to using our space. All customers are using the space acknowledging they are taking the proper health precautions and must waive us for any liability as it pertains COVID-19.
- **Check-In Required.** All persons entering the space, whether they are there for studio use or to wait in the common space MUST check in at the front desk upon entry.
- **All renters must announce and pre-approve size of their groups.** Only the number of pre-approved participants will be permitted onto the premises. Any additional participants may be turned away from using the space for which PMT Management has full discretion. Violation of this policy is immediate grounds for dismissal without refund.

- **Compliance with State Mandates.** You are required to comply with all State laws in regard to COVID-19. If you traveled to a state or country that is under a quarantine restriction, or have been infected with COVID-19, within the last 14 days you are not permitted to use our space until the proper quarantine period has elapsed, and you are no longer contagious.
- **Yoga Mats and Equipment:** We cannot provide any equipment or mats, except for ballet barres.
- **PMT's YOUTH CLASSES.**
 - **Masks mandatory at all times for students and staff when in classes are in session.**
 - **Continuation of reduced class sizes.**
 - **Separate rooms for snack periods, if needed.**
- **PMT's ADULT CLASSES.**
 - **Masks are optional UNLESS required by the teacher.** Teachers have final say on mask requirements. Please respect their wishes as they need to stay healthy to earn a living.
 - **Reduced Classes Sizes** may be in effect, depending on the need to do so. We recommend everyone sign up in advance of class.

Please be sure to create a safe environment. If any of the above is not being observed, we reserve the right to expel those who are in non-compliance or stop activities all together for the safety of EVERYONE at the SOLE COST of the Patron. Please observe the above so patrons can feel safe.

III. Additional Safety Measures:

- **Cleaning Procedures:** We have purchased hospital grade cleaning supplies. Our staff conduct rounds throughout the day to clean doorknobs, barres, restrooms, table surfaces, and other common areas with disinfectant and cleaning wipes. Cleaner/disinfectant is also available upon request.
- **Hand sanitizer** (over 70% isopropyl alcohol) is available on the ground level and throughout the premises. Washing your hands for 20 seconds is the best method of prevention.
- **Regular Briefings** are given to staff to update them on methods of preventions as well as the virus itself.
- **Staircase Access** is available for entry and exit. This is to avoid crowding into elevators.
- **Ventilation** of the studio through our open HVAC system, which circulates fresh air from outside. The HVAC system is fitted with MERV 13 filters – found to filter out the Coronavirus. We have also altered the way the windows open in studios to allow for more airflow. Doors will remain open, when possible, to create added ventilation.
- **Allowance of daylight** throughout the space – UV rays are effective against the virus.
- **Administrative Staff will be masked** in all public facing areas.

Please be sure to create a safe environment. Our space is well equipped to deal with COVID – in many cases, better than most facilities and homes.

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