

# NEW PROTOCOLS

Members are reminded that when participating in classes, they are doing so at their own risk. In accordance with guidelines from the provincial government to limit the spread of COVID-19 we will be introducing new procedures to keep 5 Elements as safe as possible:

- In addition to daily cleanings, staff and students will be sanitizing equipment between every class. Classes have been staggered and changed to 45 minutes to allow for proper cleaning between and avoid congestion.
- Single classroom classes will have a 14 participant limit to allow for proper distancing while our double classroom will allow 25.
- Masks are required while not on the mat and participating in class.
- Spots in a class can be reserved through the Mindbody app. See front desk for details and to link your 5 Elements account to your app.
- Upon returning to 5 Elements from before mARCH 14, 2020, members will need to reactivate their membership. Reactivation can be done over the phone or in person at the front desk.
- Upon reactivating your account members will be required to sign a new waiver.
- We ask members to arrive no sooner than 5 minutes before class, and parents to drop off their children when possible . Parents wishing to stay do so at their own risk and are required to wear masks and maintain social distancing.
- We ask any members that are feeling unwell to stay home to help stop the spread. Reactivated memberships can be placed on hold for an additional 14 days if a member begins having symptoms.
- Our water fountain will be out of service until further notice. We advise bringing a clearly labelled water bottle from home.
- Members are asked to come to class in their appropriate, clean 5 Elements uniform to reduce change room use. If you are unclear as to what the proper uniform is for your class feel free to email or call the front desk.

Thank you for your patience as we continue to operate under new conditions.