

COVID-19 Studio Policy Acknowledgement Form

At Loudoun Pilates, the health and safety of our clients and Instructors are our number one priority. We will continue to offer a diverse schedule of virtual classes for your Pilates and wellness needs. We are following all state and local directives regarding reopening timeframes and procedures. As studios open across the country, extensive health and safety measures are being taken with new studio guidelines to provide everyone with a safe experience.

As this is an evolving situation, we continue to monitor this situation in real-time to ensure the proper precautions are being taken so everyone feels safe coming into the studio; we're strictly following the CDC's recommendations and adjusting operations to keep you and our team members safe and healthy.

We are keeping our online virtual mat classes for the foreseeable future and will be adding some in-studio virtual class options as well.

****Please DO NOT come to the studio if you have a fever, cough, sore throat or any other Covid19 symptoms OR have been exposed to anyone who has been diagnosed with Covid19 for 14 day. We ask that you kindly stay home if you are experiencing any other symptoms of any illness.****

For your in-studio lesson:

- 1. Please arrive at your designated lesson start time. NOT BEFORE. We will not have a waiting area available. We need all clients to exit the studio before welcoming in the next appointment in order to avoid congregation and maintain social distancing in our small entryway.**
- 2. Please come dressed for your session and use the restroom BEFORE you leave your home so we can minimize use of our facilities. This limits use for hand washing only.**
- 3. Upon entry, please remove your shoes and immediately proceed to wash your hands or use the provided hand sanitizer.**

Masks Required

Per state and CDC recommendations, face masks will be required for both instructors and clients who opt for in-person sessions at all times. If you do not have a mask, we have some available for purchase. You may opt to wear a mask designed specifically for fitness activities.

Sock Required

We recommend grippy socks!

Studio & Equipment Sanitization

All sessions will be 50 mins long. Sessions will be spaced 10 minutes apart to allow for deep studio and equipment sanitization with EPA approved disinfectants between each client. We also have hands-free soap and hand sanitizer dispensers available for use.

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Social Distancing Measures

To begin, only 1 instructor will be in the studio at a time. Equipment has been spread out 10 feet to keep consistent with social distancing guidelines for indoor fitness facilities.

Hands Off Corrections

For your safety, Instructors will coach you on your form using verbal cues and demonstration, instead of using any hands on corrections. Instructors are required to maintain a distance of 10 feet from all clients.

Contactless Payment

At this time we are not accepting cash payments. All clients must have a credit card on file.

We are aware that some clients are wary of working out in masks. Although we are aware that Virginia has waived its mandated indoor mask policy for fitness establishments, safety is our number one concern. Many of our clients are considered 'high risk' or live with someone who is 'high risk'. LOUDOUN PILATES IS COMMITTED TO MAKING THE STUDIO A SAFE ENVIRONMENT FOR ALL STAFF AND CLIENTS. You may opt to wear a mask designed specifically for fitness activities. We continue to offer virtual mat classes and private lessons as an alternative option if you prefer.

Print Name

Signature

Date

COVID-19 Release Form

Thank you for your continued support and trust in Loudoun Pilates. As with the transmission of any communicable disease like a cold or the flu, you may be exposed to COVID-19, also known as "Coronavirus," at any time or in any place. Be assured that we have always followed state and federal regulations and recommended universal personal protection and cleaning protocols to limit transmission of all diseases in our studio.

Despite our careful attention to cleaning and social distancing there is still a chance that you could be exposed to an illness in the studio, just as you might be anywhere. Social Distancing measures nationwide have reduced the transmission of the Coronavirus. We are following all guidelines put forth by the CDC, state, and local authorities. Additionally, we are proud to be part of the Loudoun is Ready initiative.

Although exposure is unlikely, do you accept the risk, releasing Loudoun Pilates from all liability and choose to participate in Loudoun Pilates services?

_____ YES

_____ NO

Print Name

Signature

Date