

## Tai Chi and Meditation Centre Safety Guidelines during COVID-19

As we welcome you back, the health and safety of our participants is of utmost importance.

**Please read the following guidelines** to ensure the comfort and safety of everyone.

### **Changes to classes, times, prices and sizes:**

- We will now require **reservation bookings for each class and payment online, in advance**, in order to maintain the class sizes and limit contact. We regret that **class cards will be suspended**. If you have unused classes on your cards they will be honoured when the pandemic is over.
- A one hour class will include time to allow for safe entry and exits of participants between classes.
- **Maximum people per class** will be limited to ensure you are able to social distance.
- **Drop-ins** will only be accepted if a class reservation space is not filled. Onsite payments for drop-ins will be required by **credit or debit onsite**. Cash is no longer accepted for classes.
- **Updated information along with class schedule** will be available online at [www.powerofbalance.com](http://www.powerofbalance.com) or by phone 416-465-6122. Please leave a message and allow 2 days for returning phone messages. No text please.

### **Participants will be required to:**

- **Arrive** no more than **5 minutes** before class start time and wait outside until there is adequate space for you to distance at reception.
- **Self-screen** for symptoms
- Show instructor **proof of full vaccination** and government photo identification. Click here to read our Vaccination Policy
- Fill out a **registration form, along with a waiver** and agree to maintain this status as long as it is required by law. You agree to abide by all requests made by the instructors.
- Provide **contact information** that may be used to contact trace if necessary.
- **Hand sanitize** at front door upon entry and take all belongings to the change room with exception of valuables that can be kept in studio.
- Bring a mask. **Face coverings are mandatory** indoors. If you arrive without one, a disposable mask will be available for purchase on site for **\$2.00 each exact cash**, no change provided. We recommend you bring your own. **We cannot accommodate unmasked patrons** at this time due to the significant risk of virus transmission indoors without a mask. Classes will be modified to ensure they are low level intensity.
- Come **dressed for class** to limit time in the change area. One person only permitted at a time. Hang coats on the provided hooks, place packs on bench without contacting other items.
- **Wash or sanitize hands** before and after touching chairs, pens, doors etc. or any common items within the studio. It is recommended you bring your own sanitizers if possible.
- Refrain from contact with others and **avoid touching surfaces**.
- Bring a **reusable water bottle**.

### **In the studio:**

- **Wear a mask** at all times.
- **Maximum number of persons are restricted** to guarantee distancing as per public health regulations at the time.
- The instructor will insure **safe social distancing** and monitoring of guest's safety. All high touch surfaces will be sanitized between each class.
- **Information posters** will be placed around building about handwashing, physical distancing, face coverings and hygiene etiquette as reminders.
- During classes the **doors will be locked** to avoid walk in entries.