**COVID-19 CODE OF CONDUCT “COC"**

*Last Updated - 5/18/23*  
*The federal COVID-19 Public Health Emergency Declaration ended on May 11, 2023. Monitoring the impact of COVID-19 and the effectiveness of prevention and control strategies remains a public health priority. We have updated and simplified our policies to reflect current* [*CDC guidance for prevention*](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html)*.*

**By attending or participating in Yoga Lab programs, events, or activities you agree to adhere to this COC, you acknowledge the risk of being exposed to or infected by COVID-19, and you assume any and all such risk. You must also read and sign Yoga Lab’s Release and Waiver of Liability. Yoga Lab reserves the right to revise its COC at any time it deems appropriate. Please review and comply with any revised COC prior to utilizing the facilities, services, and programs of the Studio.**

A core value of yoga is ahimsa, non-harming. At Yoga Lab we also value science and evidence-based practice. This COVID-19 Code of Conduct (COC) outlines the reasonable steps taken by Yoga Lab to implement recommended guidance and protocols issued by the Health Authorities, in order to practice ahimsa to the best of our ability.

**If you have suspected or confirmed COVID-19:**

Follow CDC recommendations for [Isolation](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html) before returning to classes.

**If you are exposed to someone with COVID-19:**

Follow CDC recommendations for [what to do if you are exposed](https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html) before returning to classes.

**If a teacher has suspected or confirmed COVID-19, or has been exposed:**

Teachers will follow CDC recommendations for isolation and for what to do if exposed. If necessary, we will do our best to find a sub for the class, but may have to cancel the class if a sub is not available.

**If you are at high risk of getting very sick:**

If you are at [high risk of getting very sick](https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-getting-very-sick.html), talk with a healthcare provider about additional prevention actions. You may want to consider our Virtual, Outdoor, and On Demand classes as alternatives to Studio classes.

**Mask Policy:**

Masks are optional in the studio when [hospital admissions in Centre County](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html) are Low or Medium. People may still choose to wear a mask at any time based on personal preference, informed by personal level of risk. Yoga Lab offers a supply of masks for anyone who would like one.

Yoga Lab may revisit the masking policy if hospital admissions in Centre County become “High”. We will follow State College Borough mask mandates when in effect.

**Studio Mats & Props:**

Mats and props are available for shared public use. Please clean any items you used after class. We strongly encourage you to bring your own mat to the studio to practice. We also have mats available for purchase.

**THANK YOU!**

**Thank you for doing your part to keep our community safe! Yoga Lab reserves the right to revise its COC at any time it deems appropriate. Please review and comply with any revised COC prior to utilizing the facilities, services, and programs of the Studio.**