



COVID-19 CODE OF CONDUCT “COC”

Last Updated - 4/10/22

We have updated our policies to include outdoor events (e.g., Yoga on the Mountain). Policies are based on the CDC COVID-19 Community Levels in Centre County.

<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.

AHIMSA - Non-harming

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.

OUTDOOR EVENTS

We welcome vaccinated and unvaccinated individuals for outdoor events (e.g., Yoga on the Mountain). Proof of vaccination is not required for outdoor events. People may still choose to wear a mask at any time based on personal preference, informed by personal level of risk. Bring your own mat and space mats respectfully, considering physical distancing. Please stay home if you're sick or if you've been exposed to COVID-19.

STUDIO CLASSES

In-Studio Classes Open Only for Vaccinated Individuals

At this time in the global pandemic, we request that only people who are vaccinated for COVID-19 practice in-person at Yoga Lab's studio space. If you are not vaccinated, we welcome you to continue practicing with Yoga Lab online from the comfort of your own home, and for Yoga Lab outdoor events. We kindly request that you not practice in the physical studio space for your own health and safety and for the safety of the community. Vaccination continues to be the best way for individuals to do their part to protect the health and wellbeing of the local community.

VACCINATION STATUS:

- 1) We request that all individuals be vaccinated before practicing in the physical studio space.
- 2) All teachers who teach in-studio classes at Yoga Lab are required to be vaccinated.
- 3) Students will be required to show teachers their vaccine card or a photo of their vaccination card in order to enter the studio and take class. If students cannot produce proof of vaccination, they cannot take class. Once the student has shown proof of vaccination, teachers will be able to verify vaccination status in our system for future classes.
- 4) If you are not vaccinated, please join us for online classes.
- 5) If you have a medical or religious exception that prevents you from being vaccinated, please join us for online classes.

STAY HOME IF SICK, OR IF YOU'VE BEEN EXPOSED TO COVID-19:

- 1) Do not come to the studio if you are sick or if you believe that you've been exposed to COVID-19. Please read the liability waiver thoroughly for more details on this.

- 2) People with symptoms, a positive test, or exposure to someone with COVID-19 should stay home.
- 3) If a teacher is sick or believes they have been exposed to COVID-19, they will not teach the class. 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.

USE HAND SANITIZER:

- 1) Please use hand sanitizer immediately upon entering the studio.
- 2) Hand sanitizer is available throughout the studio.
- 3) Guidelines for handwashing are posted in the studio bathroom.

MASKS:

- 1) Yoga Lab follows the CDC guidance and State College Borough mask mandates when in effect. Masking policy depends on the CDC COVID-19 Community Level in Centre County.
- 2) **“LOW”** or **“MEDIUM”**: Masks are optional in the studio. People may still choose to wear a mask at any time based on personal preference, informed by personal level of risk.
- 3) **“HIGH”**: Masks will be required regardless of vaccination status.
- 4) If anyone arrives without a mask Yoga Lab can provide one from the studio supply.

CLASS CAPACITY & MAT SPACING

- 1) Class Capacity limits depends on the CDC COVID-19 Community Level in Centre County. Teachers have the option to set a smaller max size if desired.
- 2) **“LOW”**: a maximum of 18 students will be allowed per Studio class. We encourage keeping space between mats if the class is not full, however at capacity the mats will be closer together.

- 3) **“MEDIUM”** or **“HIGH”**: a maximum of 10 students will be allowed per Studio class to keep three feet of distance between mats.
- 4) Space mats respectfully. Please choose a spot for your mat that is respectful of space with your neighbor. Spread out when possible.
- 5) Virtual classes have unlimited capacity.

PRE-REGISTRATION REQUIRED FOR CLASSES:

- 1) Pre-registration is required for classes in order to limit class sizes and to ensure that students have had ample opportunity to review the COC before coming to the studio space.
- 2) Please sign up online at least 30 min before class to reserve your spot. Last-minute signups are possible, but we recommend signing up early to reserve your space in the class and to inform the teacher of how many students to expect.
- 3) Sign up is first-come first-served. A waitlist will also be available. We don't recommend dropping into the studio without signing up beforehand, because you may get turned away if the class sign-up list is full.
- 4) If you are not on the list of pre-registered students for the class and are new to the studio, you may be asked to step outside and register online for the next class in order to give you time to review the COC and sign the liability waiver.

NO-SHOWS & CANCELLATION FEES:

- 1) Cancellations must be made 30 min before class or it will count as a Late Cancellation. If you cancel after the cancellation deadline, you may still unregister to open up a spot for someone else but this will still be counted against your membership usage limits and you will not receive a refund.
- 2) Please be respectful of the limited class sizes, and of the time it takes for a teacher to prepare a class. If you signed up but your schedule

changes, please cancel as early as possible. That way another student has an opportunity to sign up and the teacher knows how many students to expect.

BRING YOUR OWN MAT:

- 1) Please bring your own mat to the studio to practice.
- 2) Studio mats are NOT available for shared public use at this time.
- 3) We do have mats available for purchase at the studio. Mats can also be purchased from the Yoga Lab Store online, with curbside / studio pickup available.

OTHER PROPS:

- 1) We recommend that you bring your own props (blocks, tennis balls, straps, meditation cushion, blanket etc.).
- 2) Props including blocks, tennis balls, straps, blankets, meditation cushions, and bolsters are available for shared public use.
- 3) Students must clean any blocks, tennis balls, and straps after use with Clorox Wipes. They may also wish to clean them before use.
- 4) Meditation cushions, bolsters, and blankets are available for shared public use for meditation. They do not wipe down for cleaning as easily, so use them at your own discretion.

HANDS-ON ASSISTS / ADJUSTMENTS:

- 1) At Yoga Lab we value hands-on assisting to help promote safety in alignment, bring awareness to muscular engagement, aid in proprioception, and support balance. We promote a consent-based culture of touch for hands-on assists at the studio.
- 2) Availability of hands-on assists depends on CDC COVID-19 Community Level in Centre County.

- 3) **“LOW”**: Hands-on assists are optional. Teachers may choose to offer students flip chips to indicate assisting preferences. Students may flip the chip to show “Assist” or “No Hands-On Assist”. We believe that everyone has the right to not be touched if they don’t want to be, and we recognize that preference may change from day to day or even in the middle of a class. We have flip-chips as a way to help empower you to decide if you want hands-on assists or if you prefer to be left in peace, and to communicate that preference easily to the teacher. Students always have the option to decline assists. Even at low transmission levels, teachers may choose not to offer hands-on assists.
- 4) **“MEDIUM”** or **“HIGH”**: No hands-on assists or adjustments will be given in group classes.
- 5) For private sessions - if teacher and student are both vaccinated, they may decide before the session whether or not to use hands-on assists (regardless of CDC transmission level) depending on their comfort level, with consent from both parties.
- 6) Students will wipe down flip-chips with a Clorox wipe after use.

VENTILATION / AIR FLOW

- 1) Yoga Lab has two professional-grade air purifiers in the studio space.
 - a) Molekule Air Pro
 - b) Molekule Air Pro Mini“Molekule destroys the widest range of pollutants including viruses and chemicals” (<https://molekule.com/air-purifier-air-pro>)
- 2) The teacher may prop the front door open and turn on ceiling fans (at low speed) for additional ventilation if desired (not required).
- 3) Air filters for the HVAC system are changed monthly.

POST-CLASS CLEANING PROTOCOL:

- 1) Students must clean any blocks, straps, and tennis balls after use with Clorox Wipes. You may also want to clean them before use.
- 2) Teachers will complete the following cleaning protocol after each class:
 - a) Wipe down high touch surfaces - all door knobs, counters, keyboards, stereo dials, light switches, toilet handle, and faucets with Clorox wipes or a paper towel sprayed with the same cleaning solution.
 - b) Wear disposable gloves for all cleaning. After removing gloves, wash hands with soap for 20 seconds.
 - c) Use the cleaning checklist - write in date and initials when complete.
- 3) Yoga Lab does additional regular cleaning of blankets, floors, bathrooms, entryways, and countertops.

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.

Thank you for doing your part to keep our community safe!

