

New “Healthy at Work” Protocols and Practices

Please review the following protocols that we at Holly’s Pilates Village are using to address the health and safety of the staff and clients as we resume operations during the coronavirus pandemic. We are following guidelines from Gov. Beshear’s administration and the U.S. Centers for Disease Control, but this list is not intended to be all-inclusive of the measures being undertaken.

If you have questions about a matter that you don’t see mentioned or if you need further explanation, please inquire by phoning the studio (502-409-4200) or emailing the business manager (Barry.PilatesVillage@gmail.com).

1. First and foremost, before visiting you will need to self-check for symptoms, which include factors such as:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell

This list does not contain all possible symptoms. Less common symptoms include nausea, vomiting, or diarrhea. People with COVID-19 have reported a wide range of indicators, from mild symptoms to severe illness

2. Moreover, remember that if, during the 14 days prior to your visit to the studio, you have been around anyone known to have or suspected of having COVID-19, then please refrain from entering the premises.
3. All staff will conduct the same self-check daily, and each team member will receive a temperature check daily upon arrival at the studio and have it recorded.
4. Before entering the building, you must be wearing a mask that covers both your nose and mouth, and your mask must remain in place at all times while on site. Masks that have any openings (e.g., “breathing holes”) are not permitted, as they defeat the purpose of a mask in this situation. That purpose is to ensure that each person contains her/his pulmonary droplets and aerosol within her/his mask, as even those of us without symptoms could be carrying the virus.
5. On the recommendation of our custodian, who holds a doctorate and has studied virology and epidemiology, *we strongly discourage the use of gloves*. They can give a false sense of health security and are known to be commonly mishandled (even

by many healthcare workers), thus offering the opportunity for greater spreading of germs.

6. We advise you to keep hand sanitizer with you and use it before you enter the studio to avoid contaminating door handles. (We routinely will disinfect all door handles, but it would be nearly impossible to do so at every turn.) In addition, we'll continue to keep hand sanitizer at the front desk and would prefer that you use it or use the sink to wash your hands once you enter.
7. We've implemented extra cleaning requirements at each equipment station. This also should reduce traffic between those entering and leaving the building. We regret that courtesies such as holding the doors open for others need to be disbanded for the sake of everyone's well-being.
8. We're no longer able to have a waiting room or changing rooms, so we ask that you arrive for your appointments on time but not more than five (5) minutes prior to the appointment time. Upon arrival, you will be directed to the place where your lesson will occur.
9. There will be a chair for you at the equipment station you will be using, and we request that you change into your Pilates socks at that chair and leave your personal belongings there until your lesson concludes. It's essential that you return to the chair as soon as your lesson is finished, put on your shoes, collect your belongings, and leave the studio. For your safety, we'll limit the number of persons on site, much as we regret how this interferes with our feeling of community.
10. The lavatories are available for use, especially for hand washing, and the sinks now will be our resource for drinking water. The water fountains, which bring water from the same pipes, are off limits to prevent contamination.
11. Your instructor will remind you that any props used during your lesson are to be left with the equipment you've used. All items will be cleaned by staff since the equipment sanitization process involves saturating surfaces with a virucide solution, which needs to remain on each surface for 10 minutes to be fully effective before being scrubbed off.