

# COVID-19 Guidelines for Students

**Re-Open Date: Monday, July 20th**

We are serious about getting back to work. We need it. Our community needs it. We need each other.

That being said, safety and health have to be a priority. We also have to adapt to the new world we are living in. Thus, the following changes, new policies and procedures are in place to make our return a successful one.

**When we re-open, PMT will be better than when you left it.**

## I. COVID-19 Prevention Policies:

In coordination with State and City ordinances, these rules will be in place until further notice:

- **Masks Required.** Per state law and our building's policy, you **MUST** wear a face covering or mask to enter the premises. This mask must cover your nose and mouth. If, while attending a class, breathing is impaired due to the mask while performing a physical activity, then you may remove the mask to provide aeration. Otherwise, the mask must remain on at all times. Teachers have final discretion the exact implementation of this mask wearing exception.
- **Free Breathable Masks.** Each student will receive one free breathable face bandana! These are custom made and should allow for customers to wear the mask while dancing.
- **Gloves available on site.** We will have rubber gloves available at the front desk upon request (optional, but recommended).
- **No Walk Ons.** Until further notice, all customers will have to make an appointment to attend class. To control traffic flow, walk-on students will not be permitted.
- **Occupancy:** Occupancy must allow a minimum distance of 6 feet between persons. At this time, the occupancy limits of our rooms are as follows:
  - **Studio A:** 11 persons
  - **Studio B:** 11 persons
  - **Studio C:** 6 persons (as waiting room, only)
  - **Studio D:** 5 persons (as waiting room, only)
  - **Dressing Rooms:** 4 Persons (per room)
- **Expanded Waiting Area.** Studio C and D are now waiting areas for students. This, in addition to the common spaces, provide more than enough room to hold two full classes while maintaining social distancing standards of 6 feet.
- **New Egress/Traffic Flow (See Page 3).** People will enter studio A or B through one door and exit through the other. These doors will be marked accordingly. This will prevent crowding and close contact.
- **Additional Distancing Measures.** Teachers should keep a minimum distance of 9 feet around themselves and the next person when projecting their voice. Studios will be marked to provide a perimeter for teacher's to comfortably navigate and project. Students will also have spacing markers set down in order to maintain safe social distance.
- **Teacher Discretion.** Teachers have the discretion as to the enforcement of mask wearing, social distancing and other prevention methods. This is not permission to reduce enforcement, but rather, to safely manage social distancing & opportunities for students to breath if mask wearing prohibits this.
- **Transition time.** Classes will end/start 5 minutes early to allow for time to clean and disinfect.
- **Avoid direct contact.** This includes handshakes, kisses to the face, high fives and any interaction that could minimize space between persons. Avoid touching surfaces with your bare skin. Unless you are with person(s) you live with, social distancing of 6 feet must be observed at all times.
- **Stay inside hallway markers.** The common areas are marked to allow spacing for those waiting to enter a studio. Please observe them while waiting or let people quickly pass as needed.

- **Fresh Air Ventilation System.** Aside from our windows, our HVAC system brings in fresh air to the studio at all times (while also keeping us cool).
- **Yoga Mats, Barres and Equipment:** These will be sanitized and disinfected before and after use. Disinfectant wipes are available to clean as much as needed.
- **Stay positive – stay informed.** Vetted information will be available on site to ease concerns and raise awareness.

## II. Our Safety Protocols

- **Cleaning Procedures:** We have purchased hospital grade cleaning supplies. Our staff conducts rounds throughout the day to clean doorknobs, barres, restrooms, table surfaces, and other common areas with disinfectant and cleaning wipes. Cleaner/disinfectant is also available upon request. Cleanings are done several times an hour, as needed. All cleanings are logged per our NY Move Forward Plan.
- **Logging Entry of Patrons** for contact tracing purposes.
- **Restricting entry to appointments only** to reduce risk and crowding. This is for ALL persons entering the premises.
- **Hand sanitizer** is available on the ground level and our front desk. Washing your hands for 20 seconds is the best method of prevention. Rubbing alcohol is also very effective.
- **Daily briefings** are given to staff to update them on methods of preventions as well as the virus itself.
- **Staircase Access** is available for entry and exit. This is to avoid crowding into elevators.
- Our desk staff will be wearing gloves and face coverings.
- **Allowance of daylight** throughout the space – UV rays are effective against the virus.
- **Student Agreements.** These are required of every student entering the premises to ensure compliance with safety measures and to acknowledge you are assuming your own risk.

## III. Studio Upgrades & New Initiatives

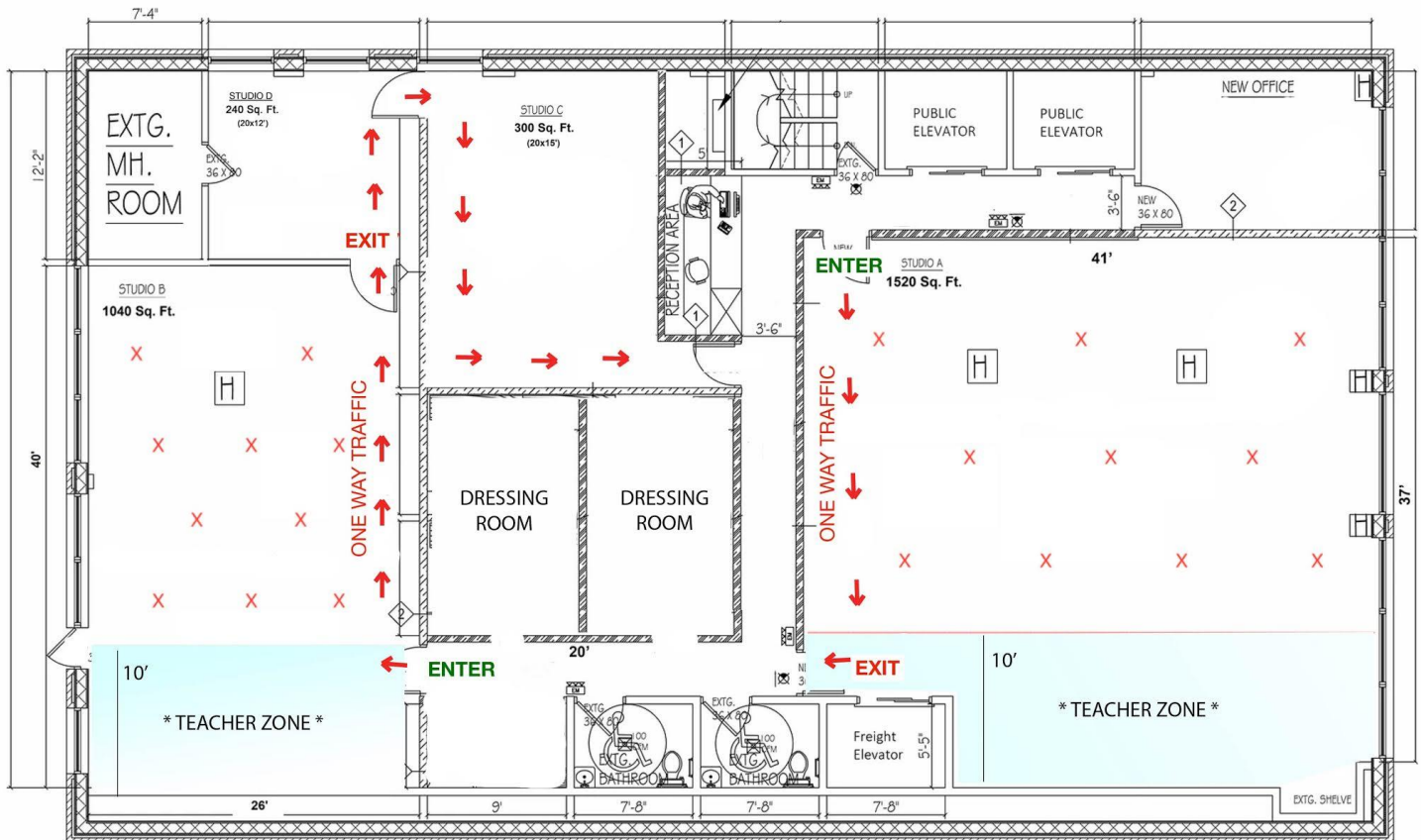
We are making an investment in our space to ensure our success and the absolute best experience for you and our students. It will be a NEW PMT.

- **Live Streaming.** Each studio will be fitted with large flat screen TVs, microphones, video cameras for live streaming, Zoom accounts and equipment to connect it all. Students will be able to take online classes and/or in person classes.
- **Improved lighting.** We are adding dimmers and colored lights to each studio. Due to COVID, this work may extend to the end of July.
- **More mirrors.** This is to allow better spacing between students and expand the usable size of the rooms.
- **Upgraded our Media Department.** We now have the capability to edit and create well produced reels, videos and other media in house.

Our staff has been trained to attend to your needs in this moment. Please ask us if you need any assistance, additional cleaning of areas or something else to make you feel safe.

Please be sure to create a safe environment. We want to keep our staff (and each other) safe. Help us do that and we can remain open!

## New Traffic Flow Floor Plan



**This is not fully drawn to scale**

\* Students must be spaced 6 ft apart.

\*\* "X" indicates where students should stand while attending

## ROOM CAPACITIES

Studio A - 10 students

Studio B - 10 students

Studio C (waiting room) - 6 persons

Studio D (waiting room) - 5 persons

Dressing rooms - 4 persons