

ARTEMIS YOGA STUDIO GUIDELINES

FOR SAFETY AND HEALTH IN ERA OF COVID

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How is Artemis Yoga Protecting Students & Staff?

Air Quality

AIR QUALITY



ventilation

We have fresh air exchange units that are maintained and cleaned regularly.

The filters bring fresh air into the studio continuously for approximately 6 exchanges per hour.



purification

We have installed air purification systems (iWave) to reduce and remove allergens, pathogens, and particles found in viruses.



filtration

We have installed air filtration systems (MERV13) to filter out pathogens in the air.



- **Ventilation:** Continuous fresh air is brought into our studio via our fresh air exchange units which were installed when we opened in 2015. They bring in outside fresh air into the hallways and two classrooms, 100% of the time.
- **Purification:** Cleaning the air that does enter the building is done via the two air purification systems (iWave) which are inside our HVAC system and reduce and remove allergens, pathogens, and particles found in viruses.
- **Filtration:** Filtering the air is important to eliminate pathogens in the air and each HVAC system has MERV13 filters which are replaced on a regular basis.

Social Distance

Artemis Yoga will continue with social distancing and limited class sizes. We know it will take a bit of time for many people to feel comfortable returning to in-person practice.

For now, we will keep our occupancy lower as we all ease into returning to class. We will maintain a reduced occupancy of approximately 50% of our regular capacity.

Limited Class Capacity

- 10-12 students in upper studio
- 12-14 students in lower studio
- Class schedule designed to minimize interactions

Visual Markers for Safe Distancing

- Spaces are marked for easy mat placement by students and teachers

Glass Barrier at Front Desk

- Protects students and front desk staff

Mask Policy

Artemis Yoga is following the CDC and MA guidance for fully vaccinated individuals. As of December 22, 2021, there is a local mask mandate in Watertown, MA. Watertown Board of Health requires face coverings for all persons when inside public spaces or private spaces open to the public.

- Therefore all students, regardless of vaccinations status must wear a mask inside Artemis Yoga.
 - We will provide masks upon request
 - We reserve the right to ask you to wear your mask properly.
 - We reserve the right to ask you to wear a proper mask if the one you have is not suitable.

Hygiene Protocols

Handwashing / Hand Sanitization

- 3 bathrooms with soap and running water
- Alcohol-based hand sanitizers upon entry, in lobby, and studios

Equipment/Prop Sanitization

- You may use any of our complimentary studio props. Please wipe down any borrowed mats, blocks or straps with our anti-bacterial provided wipes found in each classroom.
- You are more than welcome to bring your own props from home.
- Disposable anti-bacterial wipes are provided by Artemis Yoga in each studio room to disinfect any borrowed or personal equipment before / after use
- Towels are no longer supplied

Hydration

- Water fountain available for water bottle refill
- Students and staff bring own water bottles if possible

Personal Protective Equipment (PPE)

- Masks are required for all unvaccinated individuals and for anyone who wishes to continue wearing masks.
- Extra masks will be kept at the front desk if needed for unvaccinated persons or if anyone wishes to wear one.

Respiratory Etiquette

- Covering coughs and sneezes with tissue or elbow
- Hand washing / hygiene after coughing / sneezing
- Avoid touching eyes, nose, mouth with your hands

Health Checks

{To reinforce culture of health, safety, and shared responsibility}

Staff Screening

- Staff is to self-certify that they have no symptoms or risk factors prior to entering Artemis Yoga
 - If exhibiting any of the symptoms staff will report this to manager (or point person) immediately via phone call, text, email and stay home
- Prior to shift, teachers and front desk staff will self screen with the following measures
 - Experiencing symptoms fever, chills, cough, shortness of breath, sore throat, fatigue, headache, runny nose, new loss of taste / smell, nausea / vomiting
 - Close contact with individual diagnosed with COVID-19
- If a staff member is exhibiting symptoms, they will be asked to leave Artemis Yoga and seek medical attention. Staff will be able to return once cleared by a medical professional and negative COVID-19 test.

Student Screening

- Before planning to take a class at Artemis Yoga, check-in with your health
 - If experiencing symptoms, please stay home or join via Zoom online classes
- Once arriving to Artemis Yoga, students will be asked a series of questions
- If a student is experiencing symptoms, or has temperature 100.3° or greater, they will be asked to return home and follow the same procedure as above.

Contact Tracing

- Records of those present in the studio (name, contact information, date of visit)
- In the event that a community member of Artemis Yoga tests positive for COVID-19, this will allow us to identify those who may have come in contact with community member

Student COVID-19 Screening Questionnaire

1. Have you experienced any of the following symptoms in the past 48 hours:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

2. Within the past 14 days, have you been in close physical contact (6 feet or closer for at least 15 minutes) with a person who is known to have laboratory-confirmed COVID-19 or with anyone who has any symptoms consistent with COVID-19?

FREQUENTLY ASKED QUESTIONS

1. **I don't feel comfortable taking in-person classes, will classes still be live streamed on Zoom?**
 - Yes! We are still offering online Zoom classes along with hybrid classes (in-person and online)
 - You can check the schedule each week for an updated list of classes plus outdoor options!

2. **What has Artemis Yoga done to prepare for reopening to promote a community of health and safety?**

Air Quality - there 3 aspects: fresh air, filtration and purification.

 - **Fresh Air Ventilation:** we have 2 fresh air exchange units in our hvac system, installed brand new when we opened in 2015. The filters bring fresh air into the studio continuously for approximately 6 exchanges per hour. These fresh air exchange units are maintained and cleaned regularly.
 - **Air Purification:** we have installed two air purification systems (iWave) to reduce and remove allergens, pathogens, and particles found in viruses.
 - **Air Filtration:** we have installed high quality air filters (MERV 13) to filter out pathogens in the air. The entire system with replacing filters is on a regular, frequent maintenance schedule.

3. **Can you tell me more about the iWave air purification system?**
 - iWave is an air purifying device in the duct hvac system. When air passes over the iWave, ions produced by the device reduce pathogens, allergens, particles, smoke and odors in the air, creating a healthy environment without producing any harmful byproducts. To learn more visit: <https://www.iwaveair.com/#advantage>
 - iWave uses patented technology, called needle-point bi-polar ionization, to create equal amounts of positive and negative ions. These ions break down passing pollutants and gases into harmless compounds like oxygen, carbon dioxide, nitrogen and water vapor.
 - iWave ionizer treats the air quality without creating ozone or other harmful byproducts.

4. **Do I have to wear a mask during class?**
 - We are following the current CDC and MA guidelines. As of December 22, 2021, Watertown Board of Health will once again require face coverings for all persons when inside public spaces or private spaces open to the public. You must wear a mask to practice yoga indoors.

5. **Will props be available to use during class?**
 - Students may bring their own yoga mat and additional props or borrow from Artemis Yoga. If you borrow props, you will wipe down props with anti-bacterial wipes for all possible props - blocks, strap, mat.

6. **What can I expect when I arrive at the studio for in-person class?**
 - You can arrive at the studio up to 15 minutes before the start of class. Masks are required upon entry for unvaccinated persons. Hand sanitizer will be provided upon entry along with soap/water

in the bathrooms. Our front desk staff will check you in and ask a series of questions. Lockers are available to store personal belongings. There will be spaces marked in both the upper and lower studio to maintain social distancing.

7. Do you have extra masks?

- Yes! We have extra disposable masks at the front desk if you wish to wear one or if you are unvaccinated and wish to practice yoga.