

EMBRACE COVID-19 PROTOCOLS AND PROCEDURES

Proof of Vaccination – No longer required as of March 9, 2022

With the government no longer updating the AB COVID Records Verifier app and the app's already limited ability to identify the number of doses an individual has received, we have made the decision to terminate our proof of vaccination program. We will continue to enforce our mask rules and physical distancing requirements to ensure we maintain a safe environment for our staff and students.

Privacy

Your privacy is important to us. We have kept limited vaccination status records on each student's WellnessLiving accounts for the sole purpose of the Proof of Vaccination program. Given that we are terminating this program, we will be promptly destroying these records

Mask Requirements

Masks will continue to be required upon entry and when moving around the studio. During class, once you are in your designated space, you have the option of removing your mask. Where physical distancing cannot be maintained, such as during spotting, you will be required to wear a mask. Masks will not be provided by the studio.

Questions

Our goal is to continue to offer quality instruction and classes while maintaining a safe environment for our students and staff. If you have any questions about any of our COVID-19 related protocols, please contact lauren@embracepoleart.com. We appreciate your patience and cooperation.



WHAT WE EXPECT OF YOU

1. **Assess your symptoms before class.** If you have symptoms of COVID including cough, fever, shortness of breath, runny nose, sore throat, or loss of taste or smell, please remove yourself from the class roster and stay at home. Visit the [Government of Alberta website](#) for updated isolation requirements and information on monitoring symptoms.
2. **Arrive on time and ready to pole.** Students should arrive a few minutes early to your scheduled class time. Please arrive already changed into your pole clothes to limit the number of items you bring to the studio and reduce the use of shared spaces.
3. **Wait your turn.** Please allow the class before you to leave prior to entering the studio. Students should remain masked while waiting in the lobby.
4. **Wash your hands.** Upon entering or exit the studio, wash your hands using the soap or hand sanitizer provided.
5. **Maintain your distance.** Please respect others and maintain a minimum physical distance of 6 feet at all times. Proceed directly to your pole at the start of class. Each student will grab a yoga mat (if they did not bring one from home), mat and/or pole cleaner, and a clean cloth to use throughout the class.
6. **Be courteous.** Do your part to keep our pole family safe. Abide by our safety protocols and be kind to our staff who are doing their best to enforce our current restrictions.
7. **Clean your space.** At the end of class, use the cleaning products provided to wipe down your pole, mat, floor surrounding your pole, and any other equipment you may have touched. Used cloths can be disposed in our laundry upon exiting the studio.
8. **Don't linger.** While we hate to see you go, we need time to prepare the space for the next group of students. After your class, once you have finished cleaning your space, please leave the studio so the Embrace staff can finish our cleaning. We welcome you to socialize outside after class while maintaining social distancing.

WHAT YOU CAN EXPECT FROM US

1. **Enforced physical distancing.** All instructors will enforce the required physical distancing during in class. If a spot is required or physical distance cannot be maintained, both the instructor and student are required to wear a mask.



2. **Fully vaccinated staff.** All our staff members have been vaccinated for COVID-19 to promote a safe environment for everyone in the studio.
3. **Enhanced cleaning protocols.** Our studio has always been regularly disinfected to maintain a healthy environment. Since the start of the pandemic we have increased the frequency of our cleaning, disinfecting high touch surfaces between each class, and increasing the alcohol content of all our cleaning products.
4. **Rapid response planning.** Embrace has developed a rapid response plan should an instructor or student develop symptoms of COVID-19 during class.
5. **Mental health support.** We understand pole may be a part of your self care routine, but we are not mental health professionals. While we are open to having conversations with our students and providing as much emotional support as we can, if you need support for your mental health and wellness, please contact us and members of our team can connect you with resources.

EQUIPMENT ETIQUETTE

- Take extra care to wipe down all equipment used in class. We encourage you to clean your pole prior to use as well as after.
- NO sharing of equipment. If you wish to use a crash mat or other shared equipment, you must wipe it down after use.
- Please feel free to bring your own equipment, including yoga mats, blocks, ankle weights, etc. Ensure your personal equipment is clean prior to bringing it to the studio.
- Your cleaning cloth is for single person use. Please dispose used clothes in the laundry bin at the end of class. Do not share your cloth with others during class.

CANCELLATION POLICY

We want to stress the importance of staying home if you are sick or showing symptoms. We also want to provide the opportunity for students on waitlists to participate in class. Keeping this in mind, please note our cancellation policy below.



- If students are unable to attend class for any reason, they **must cancel at least 6 hours prior to the start of class**. This can be done by removing themselves from the class roster on the WellnessLiving app or website, or by emailing lauren@embracepoleart.com.
- If a student cancels their class 6+ hours prior to the start of class, the student will have the pass available for use for future classes.
- Class passes for missed classes must be used by the expiry date on the pass.
- If a class is cancelled less than 6 hours prior to the start of the class, it is considered a late cancellation and the pass used for the class will not be returned.
- If you are using an unlimited pass (for example, Elite Members) and you cancel less than 6 hours prior to the start of a **full or waitlisted** class will be charged a **\$10 late cancellation fee**.
- Instructors plan their lessons based on the students attending. Please be courteous to your instructors and fellow students on waiting lists by cancelling well in advance of a missed class.
- ***If you have a sudden onset of symptoms within the 6-hour period prior to the start of your class, DO NOT attend class. Please email lauren@embracepoleart.com or text/call 780-218-2541.***

If you have any questions about our cancellation policy or any other policy at Embrace, please contact lauren@embracepoleart.com.

FREQUENTLY ASKED QUESTIONS

I haven't received my vaccine yet. Can I still attend class?

As of March 9, 2022 we are no longer requiring proof of vaccination to attend group classes.

Do I have to wear a mask when attending class?

Students are required to mask upon entering and exiting the studio, and outside of class time. Masks are not mandatory for exercising so they are optional to wear during class. Please be aware Embrace will not be supplying masks to students.

My passes have expired. How do I extend them?

All passes were extended until December 31, 2021 to provide students ample time to use them following our temporary studio closure. We will not be extending any passes beyond this point.

I do not have childcare. Can my child wait in the lobby while I take my class?



No, at this time we are only allowing participating students and instructors in the building.

I want to continue classes but am unable to attend in person. Can I attend online?

Yes, select classes will have virtual options for you to participate in or follow along at home. Please email lauren@embracepoleart.com to explore your options.



Last updated on March 9, 2022

RAPID RESPONSE PLAN

For Students

If a student shows signs or symptoms of COVID-19 during a class they must:

1. Thoroughly wash their hands
2. Don a mask
3. Promptly exit the building

If a student is unable to drive themselves home or are waiting for a ride, they must wait in the office with a mask on and the door closed until they are able to leave.

The instructor will ensure all surfaces the student may have touch are cleaned prior to continuing the class. If an instructor must administer first aid and is unable to maintain physical distancing, they will wear gloves and a mask. Instructors will repeat hand hygiene prior to returning to class and ensure all surfaces touched are sanitized.

For Instructors

If an instructor show signs or symptoms of COVID-19 during a class they must:

1. Thoroughly wash their hands
2. Don a mask
3. Promptly exit the building

If no other instructor is on site who can safely take over the class, the class will be deemed cancelled. The instructor will inform students of symptom onset, have students clean their areas, and all students will be required to exit the studio. The studio will be disinfected prior to the next use.

Passes will be reimbursed if an instructor is unable to complete a class due to COVID-19 symptoms.

