

COVID-19 safety plan

Business name: Yoga Seven

Date completed: September 1 , 2021

Revision date:

Developed by: Ginty Burns

Others consulted: Cedar Swan, Joanne Heaney

How we will ensure everyone at our studio knows how and is able to keep themselves safe from exposure to COVID-19

- We will review public health measures daily and update our safety plan as information changes. Sources:
 - <https://covid-19.ontario.ca/public-health-measures#covid-19-measures-by-region>
 - <https://www.ontario.ca/laws/regulation/200364>
 - <https://covid-19.ontario.ca/>
 - <https://www.ontario.ca/laws/statute/20r17>
- We will email a copy of our safety plan to all staff and independent contractors of Yoga Seven. We will inform staff and independent contractors of changes as they occur and check with them to make sure they have read the plan and are aware of its requirements.
- We will place a prominent link to the safety plan on our website, update it as necessary, and request that our clients review the plan.
- We will post copies of the plan's snapshot around our studio and in the washrooms.

Responsibility for all the above: Ginty Burns, Joanne Heaney

How we will screen for COVID-19

- We will review public health measures daily for any changes to screening requirements, and implement required changes immediately. **(Ginty Burns, Joanne Heaney)**
- We will ask all teachers and customers to complete a COVID-19 screening form (<https://covid-19.ontario.ca/screening/customer/>) and email it to screening@yogaseven.ca at least 30 minutes prior to attending class. The teacher or front desk staff/owners will check to ensure forms are received before class begins. **(Responsibility: Teachers, Ginty Burns, Joanne Heaney)**
- We will post screening questions at the entrance to the building and to the yoga studio itself. **(Responsibility: Ginty Burns, Joanne Heaney)**

- If a screening form is not received by email, we will ask customers to complete a screening form on their phone when they arrive, or will provide a paper copy of the form for completion. **(Responsibility: Teachers, Ginty Burns, Joanne Heaney)**
- Screening forms will be retained for one month, and be disclosed only to a medical officer of health or an inspector under the Health Protection and Promotion Act on request, for a purpose specified in section 2 of that Act or as otherwise required by law. **(Responsibility: Ginty Burns, Joanne Heaney)**

How we will control the risk of transmission in our studio

- Individuals will be required to wear a face mask covering their mouth, nose, and chin when moving through common areas. This includes the reception area, kitchen area, and washrooms. **(Responsibility: Ginty Burns, Joanne Heaney, Teachers)**
- Indoor in-person classes will be available only for fully vaccinated individuals and teachers. All others will be asked to practice in the live-streamed environment. **(Responsibility: Ginty Burns, Joanne Heaney, Teachers)**
- All individuals will be required to maintain a 2-metre distance between themselves and another individual while on our premises. **(Responsibility: Teachers, Ginty Burns, Joanne Heaney)**
- The capacity of the yoga room will be limited to 12 clients and 1 teacher, keeping a 2 metre distance between mats. **(Responsibility: Ginty Burns, Joanne Heaney, Teachers)**
- The room capacity will be clearly posted inside the studio. **(Responsibility: Ginty Burns, Joanne Heaney)**
- Floor markers will be used to indicate placement of yoga mats with 2 metres of space between. **(Responsibility: Ginty Burns, Joanne Heaney)**
- We will run two large medical-grade air cleaners with UV sanitizing lamps to obtain the highest possible level of clean air circulation. **(Responsibility: Ginty Burns, Joanne Heaney, Teachers)**
- Hand sanitizer will be available at the entrance to the studio. **(Responsibility: Ginty Burns, Joanne Heaney)**
- Hygiene signs will be posted in the washrooms and other high-visibility areas. **(Responsibility: Ginty Burns, Joanne Heaney)**
 - <https://files.ontario.ca/moh-coronavirus-pec-poster-en-2020-03-09.pdf>
- Washrooms and high-touch areas will be sanitized at least once per day. **(Responsibility: Teachers/Staff, Ginty Burns, Joanne Heaney)**
- Technology such as computer keyboard/mouse will be sanitized with a UV wand after each teacher/staff member's use. **(Responsibility: Teachers/Staff, Ginty Burns, Joanne Heaney)**

- Benefect™ wipes will be provided in the studio and studio floors will be mopped with a Benefect™ solution. **(Responsibility: Ginty Burns, Joanne Heaney)**
- We will strongly encourage online payments and, if in-person purchases must be made, will make every effort to use touchless payment methods. **(Responsibility: Ginty Burns, Joanne Heaney)**

What we will do if there is a potential case of, or suspected exposure to, COVID-19 at our studio

- If anyone reports experiencing COVID-19 symptoms while on the premises, we will ask them to leave immediately and to follow the public health guidance of getting tested and self-isolating at home (<https://www.ontario.ca/page/covid-19-stop-spread>). We will also ask all other clients present to go home and to monitor their health. **(Responsibility: Teachers/Staff)**
 - The closest COVID-19 Assessment Centre is Trillium Hospital 15 Bronte College Ct, Mississauga, ON L5B 1M9. Appointments can be booked at <http://trilliumhealthpartners.ca/covid-19/A/assessment.html#dedicated>
 - Peel Public Health (<https://www.peelregion.ca/public-health/>) can be reached at 905-799-7700 between 8:30 am and 4:30 pm Monday to Friday.
- Any client attending a class must have completed a waiver and provided contact information in WellnessLiving, and must register for the class online prior to arriving at the studio. If we are informed by a medical officer of health that an infected individual has been on our premises, we will immediately provide the required information for contact tracing **(Responsibility: Ginty Burns, Joanne Heaney)**:
 - Names, email addresses, phone numbers of all individuals who visited our premises at the same time on the same day.

Such information will be disclosed only to a medical officer of health or an inspector under the Health Protection and Promotion Act on request, for a purpose specified in section 2 of that Act or as otherwise required by law.

How we will make sure our plan is working

- We will check in with our landlord and our teachers or staff at least monthly to ensure that they feel safe, and encourage them to email us (info@yogaseven.ca) with any concerns or suggestions regarding COVID-19 safety procedures. **(Responsibility: Ginty Burns, Joanne Heaney)**
- For suggestions that we feel will make a difference, and for any changes required by the Ministry of Health, we will implement said changes immediately. We will inform teachers and customers of the changes in a monthly email. **(Responsibility: Ginty Burns, Joanne Heaney)**