

STUDIO HEALTH GUIDELINES

Updated: March 2026

Covid-19 virus transmission levels - and other viruses - fluctuate and surge throughout the year. Indoor small environments with close-contact require safer protocols to ensure our mutual safety.

Because my studio is also my home and not a public venue, I ask that you respect my safety requests that are in place to lower the risk of exposure to me and my family as well members of the studio.

1. N95 or KN95 MASKS must be worn inside at all times.

- ▶ Multiple public health organizations recommend **wearing masks as one of the best ways to minimize contracting and spreading Covid-19, and other illnesses.** If a student has an adverse issue with wearing a mask during the lesson, please talk with me to discuss options.

2. STUDENT & family must be SYMPTOM FREE to attend an in-person lesson.

✗ DO NOT COME to a lesson if you have been sick or had **ANY** symptoms within the **past 7 days, including:**

- ▶ Runny nose or Congestion
- ▶ Cough
- ▶ Sore throat
- ▶ Headache / Body aches
- ▶ Sneezing
- ▶ Shortness of breath or difficulty breathing
- ▶ Fever or chills
- ▶ Nausea, Vomiting or Diarrhea
- ▶ New loss of taste or smell
- ▶ Fatigue (extreme)

3. Students are strongly encouraged to stay up to date with vaccines & boosters.

4. WASH YOUR HANDS thoroughly BEFORE arriving. Hand sanitizer will be available in the studio, and all students are required to use it upon entry.

5. No guest restroom available. My private bathroom is for emergency/urgent use only. Please plan to use the restroom elsewhere before arriving to avoid needing one during the lesson.

6. ONLY 1 STUDENT will be allowed inside at a time.

7. A parent/adult is requested to stay outside and remain nearby during the lesson time. For safety reasons, please do not leave, unless previously approved and a contact plan is made.

8. Parents/adults are advised to watch the lesson live from outside via Zoom, or afterwards via recording.

9. Heather may choose to switch from in-person lessons to online whenever necessary.

10. All studio policies remain in effect equally for both online lessons and in-person lessons.