

STUDIO HEALTH GUIDELINES

Updated: April 2024

Covid-19 virus transmission levels continue to fluctuate, and it is very much still present. Indoor small environments with close-contact call for 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 vulnerable members of the studio.**

- 1. N95 or KN95 MASKS must be worn inside at all times.** [CDC approved list.](#)
 - Multiple public health organizations continue to recommended wearing masks as one of the best ways to minimize contracting and spreading Covid-19 when indoors. **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 5 days, including:
 - Runny nose or Congestion
 - Cough
 - Sore throat
 - Headache / Body aches
 - Sneezing
 - Shortness of breath or difficulty breathing
 - New loss of taste or smell
 - Fever or chills
 - Nausea, Vomiting or Diarrhea
 - 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.