

STUDIO HEALTH GUIDELINES

Updated: April 2025

Covid-19 virus transmission levels continue to 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 continue to recommended **wearing masks as one of the best ways to minimize contracting and spreading Covid-19, as well as 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 or family members 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
- 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. For Youth Students: **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. For Youth Students: **Parents/adults are advised to watch the lesson live from outside via Zoom,** or afterwards via recording.