**8. Release Safety Regulations for Classes:**

As additional changes to classes become available, this information will be updated.

**8.1. Yoga and Meditation**

COVID-19 Protocols for indoor and outdoor yoga and meditation classes. Release has met and exceeded all safety guidelines and regulations required by law.
\*Protocols are subject to change as we receive more updated guidelines from the state of Massachusetts.

**Outdoor Yoga Classes**
Outdoor yoga classes will be weather permitting and will be moved indoors (participants will be notified) or cancelled if there is inclement weather.
Classes will be staggered to allow ample time for between classes so that Guests will not run into each other going to and from class.
Prior to class, instructors will self-certify to their manager or safety officer if they have symptoms of COVID-19 or close contact with anyone with COVID-19.
Instructors and Guests will wear PPE to and from class and in all common areas.
Instructors and guests may remove their PPE during class as long as they maintain social distance of at least 6 feet.
Instructors must use hand sanitizer before and after class.
Hand Sanitizer will be made available for instructors and guests
Instructors and guests will not gather in groups and will maintain social distancing of at least 6 feet at all times.
Instructors will check in guests using their phone or Release iPad.
Music will be available to play during class over the outdoor speakers using the studio iPad.
Release will provide a microphone. Release will provide each instructor with a microphone cover.
iPad and any other equipment used (i.e. microphone), will be wiped down and or sprayed with disinfectant after each class.
iPad and any other equipment used (i.e. microphone), will be wiped down and or sprayed with disinfectant after each class.
There will be no more than 21 people in class INCLUDING the instructor.
Instructor will teach from their mat or space at the front of class and not walk closer than 6 feet from students during class.
Instructor will not touch students and there will be no assists, no adjustments and no cold cloths.
Guests will bring their own mats and all props. No yoga props, blocks, straps, bolsters or mats will be available to borrow. Each instructor on the schedule will be provided one set of props to use for teaching. Instructor is responsible for bringing their own props to and from class.
Guest will be instructed that all classes must be paid for before arriving at Release. Instructors will not be accepting payment or processing transactions of any kind.
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**Indoor Yoga Classes**
Prior to class, instructors will self-certify to their manager or safety officer if they have symptoms of COVID-19 or close contact with anyone with COVID-19.
Instructors and guests will wear PPE to and from class and in all common areas.
Instructors and Guests will wash hands before and after class.
Instructors and Guests will not gather in groups and will maintain social distancing at all times.
Instructors will check in Guests using their phone or Release iPad.
Music will be available to play during class using the studio iPad.
Release will provide a microphone for outdoor classes and to live stream indoor classes. Release will provide each instructor with a microphone cover.
iPad and any other equipment used (i.e. microphone) will be wiped down and or sprayed with disinfectant after each class.
Classes will be offered with masks on with 6 feet of space in all directions or masks off with 14 feet of space in all directions.
Release will continue to offer live stream classes to provide access to those unable to get into classes due to smaller size and those who aren’t ready to attend live classes, with links to recordings available for 1 week.
Studio floors are marked to indicate appropriate spacing.
Instructors will teach from their marked space in the front and not walk within 6 feet of guests.
Instructor will not touch students, no assists or adjustments and no cold cloths.
Guests will bring their own mats and all props. No yoga props, blocks, straps, bolsters or mats will be available to borrow.
Each instructor on the schedule will be provided one set of props to use for teaching. Instructors are responsible for bringing their own props to and from class.
Guest will be instructed that all classes must be paid for before arriving at Release. Teachers will not be accepting payment or processing transactions of any kind.
Locker rooms will be available for use with appropriate social distancing spacing and protocols.
Instructors will wipe down all high touch surfaces in the studio with disinfectant wipe after class, including iPad, iPad stand, microphone, door handles (inner and outer), light switches, fan controls, temperature controls and humidifier.
Instructors will make sure wipes are stocked, extra wipes are located in the yoga closet and basement of NFH.
Instructors will disinfect the studio floor after each class.
Safety and cleaning checklist will be posted and must be utilized.
Additional items may be added or updated as needed to stay current with MA law and safety guidelines.
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**8.2. Fitness and Cycle**

COVID-19 Protocols for indoor and outdoor fitness and cycle classes.
\*Protocols are subject to change as we receive more updated guidelines from the state of Massachusetts.

**Outdoor Fitness and Cycle Classes**
Outdoor fitness and cycling classes will be weather permitting and will be moved indoors (participants will be notified) or cancelled if there is inclement weather.
Classes will be staggered to allow ample time for between classes so that Guests will not run into each other going to and from class.
Prior to class, instructors will self-certify to their manager or safety officer if they have symptoms of COVID-19 or close contact with anyone with COVID-19.
Instructors and guests will wear PPE to and from class and in all common areas.
Instructors and guests may remove their PPE during class as long as they maintain social distance of at least 6 feet.
Instructors will wash or sanitize hands before and after class.
Instructors and guests will enter the outdoor space from the parking lot and go directly to an assigned space.
Instructors and guests will not gather in groups and will always maintain social distancing.
Instructors will check in guests using their phone or Release iPad.
Music will be available to play during class over the outdoor speakers using the studio iPad.
iPad will be wiped down if used during class by teacher
Equipment used in class will be wiped down and or sprayed with disinfectant after each class by instructor or dedicated staff member
There will be no more than 21 people in class INCLUDING the instructor.
Instructor will teach from their space at the front of class and not walk around during class.
No fitness/cycle towels will be available for classes.
Equipment will be thoroughly sanitized after each use.
Guest will be instructed that all classes must be paid for before arriving at Release. Instructors will not be accepting payment or processing transactions of any kind.

**Indoor Fitness and Cycling Classes**
Prior to class, instructors will self-certify to their manager or safety officer if they have symptoms of COVID-19 or close contact with anyone with COVID-19.
Instructors will wear a PPE to and from class and in all common areas.
We will update use of PPE policy based on state and local government mandates at that time.
Instructors will wash/sanitize hands before and after class.
Instructors and guests will not gather in groups and will always maintain social distancing.
Instructors will check in guests using their phone or Release iPad.
Music will be available to play during class using the studio iPad.
Instructors will wipe down all high touch surfaces in the studio with disinfectant wipe after class, including iPad, iPad stand, microphone, door handles (inner and outer), light switches, fan controls, temperature controls and humidifier.
Release will continue to offer live stream classes to provide access to those unable to get into classes due to smaller size and those who aren’t ready to attend live classes, with links to recordings available for 1 week.
Studio floors are marked to indicate appropriate spacing.
Guests will bring their own towels.
Equipment will be thoroughly sanitized after each use.
Instructor will be instructed that all classes must be paid for before arriving at Release. Instructors will not be accepting payment or processing transactions of any kind.
Locker rooms will be available for use with appropriate social distancing spacing and protocols.
Instructor will make sure wipes are stocked; extra wipes are located in the Fitness closet.
Instructors will disinfect floor after each class.
Safety and cleaning checklist will be posted and must be utilized.