

ETHER & STONE

COVID-19 HEALTH & SAFETY NOTICE

COVID-19 HEALTH & SAFETY NOTICE: September 1st 2021

As we transition into the Fall, Ether & Stone is taking every precaution to minimize the spread of COVID-19 in our community.

MASK MANDATE:

On August 27th, Governor Brown re-issued a mask mandate for all indoor and some outdoor settings. Students are required to wear a mask at all times while in the yoga studio, unless the student is actively eating or drinking.

PROOF OF COVID-19 VACCINATION POLICY:

All students must be fully vaccinated and show proof of their COVID-19 vaccination card to practice in the studio. OHA's definition of a "fully vaccinated individual" is: "an individual [who] has received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose vaccine and at least 14 days have passed since the individual's final dose of COVID-19 vaccine."

To verify their vaccination status with Ether & Stone, each student must bring a photo of their vaccination card to the studio or text a photo of their vaccination card to 503-748-9161 before they arrive to class. We will keep a record of each student's vaccination status on their Mindbody account.

We will continue to offer virtual classes for those students who have not been vaccinated.

COVID-19 SCREENING:

Upon first entering the studio, we will measure each student's temperature and ask the following two COVID-19 screening questions:

"Are you currently experiencing any symptoms of COVID-19: fever of 100.4 or higher, cough, shortness of breath, chills, muscle aches, headache, sore throat, new loss of sense of taste or smell, nausea or vomiting?"

"Have you recently been exposed to anyone diagnosed with COVID-19?"

If a student's temperature measures 100.4 or higher, or if they answer yes to any of these screening questions, the student will be asked to return home and contact their health care provider. In order to practice in the studio, we may request a negative COVID-19 test from students who have been exposed to or are showing symptoms of COVID-19.

OTHER PRECAUTIONS:

To minimize exposure, we are currently offering reduced class sizes with no more than ten students at a time. We have a HEPA filter running 24 Hours to keep our air circulating, alternating between high and low speeds throughout the day and overnight. We strongly encourage students to bring their own yoga mat and props. Any studio mats and props that are used in class will be disinfected after each use. We disinfect commonly used surfaces daily and steam clean our studio floors weekly. We also offer sanitation stations and complimentary masks.