



Student Expectations

Coming back to in person classes as of July 1st, each student MUST PLEASE do the following in order to practice with us in person at the studio:

1. **Pre-register** for classes, as space will be limited under current guidelines to 5 people in person. The size limit for each class is shown online when you register. If you register for a class and are unable to attend, please go online and cancel your class reservation so the space becomes available to someone else.
2. **Bring your own** mat, blocks, and other props to class. None will be provided by the studio at this time.
3. If you arrive at the studio early, please **stay in your car** until no more than 10 minutes prior to the start of class.
4. Anything that is not necessary for the actual yoga class will need to stay out in the “cubbie area”. For the health and safety of everyone, please **minimize the amount of personal belongings that you bring** into the studio.
5. Your first visit back to the studio (since the COVID closure on March 15th), you will be asked to **complete an updated Student Waiver & Liability form**. If you complete the form in advance, simply bring it with you to your first class back at the studio.
6. **Wear** a mask when entering the building and at all times once in the building.
7. Upon entering the building **you will NOT sign in on the paper sign in sheet**. For the time being, the teacher will take attendance electronically only, prior to the start of class.
8. When entering the studio space, please **place your mat** in one of the designated outlined spaces in the room. These outlined areas keep you more than 6 feet apart from other in the class while practicing. Please stay within your designated mat area during the practice, thus maintaining the distance required.
9. For everyone’s health and safety, the **teachers will stay in their own designated mat** areas once class begins and thus will not be able to come over to you to assist in any way during class. Please do not ask the teachers to come assist you at this time – ask questions from your designated mat area and they will assist from their mat area to the best of their ability.

10. When using the restroom, please wipe down the door handle, the toilet flush handles, the faucet handles, and any other surfaces you touch while there. Please use the provided cleaning materials in the restroom to wipe things down.
11. Use proper hygiene at all times. This includes hand washing. Hand sanitizer is available at several locations inside FFH Wellness Center – please feel free to use it as well.
12. And please remember that if you do not feel well, or if you are exhibiting any COVID-19 symptoms, or have a fever, please **stay home and practice with us online**.

While we are excited to be able to get back to in person classes to some degree, the health and safety of our teachers and students is of the utmost importance. We appreciate your assistance in keeping everyone healthy and well.

Additionally, Ignite Yoga & Wellness, as well as Firefly Hollow Wellness Center, will be complying with CDC guidelines as they pertain to the maximum number of people allowed to gather, social distancing, mask requirements, and sanitation of spaces/areas. Where possible we have exceeded guideline in an effort to keep our teachers and students as safe as possible.

1. The maximum number of students allowed to practice in the space is set at 5 – that number is based on the physical size of the space and is well under the occupancy guidelines from the CDC and DOH.
2. Masks are to be worn at all times in the building.
3. Weather permitting, we will open the windows and doors in the yoga space to allow for fresh air and good ventilation of the space. A high-quality air filter has also been placed in the yoga space to help with air quality as well.
4. The studio space will be cleaned after each class using the appropriate disinfectant cleaning supplies.
5. Common touch areas such as door handles, bathroom areas, cubbies, light switches, the water cooler, etc. will also be cleaned after each class using the appropriate disinfectant cleaning supplies.