

# Peterborough Academy of Circus Arts

## POLICIES AND PROCEDURES for COVID-19

Below are the updates that we have made to our facility, policies and procedures to keep you safer while training with us:

### Safety First Agreement

- Participants are required to self-assess before attending the studio, sign and abide by the **PACA Safety First Agreement and Assumption of Risk** prior to training in the studio.
- Participants are **required to stay home** if they are experiencing any symptoms of COVID-19 (as listed in assumption of risk), have come into contact with someone who is sick within the last 14 days, and/or have traveled out of province within the last 14-days.

### Entrance and exit procedures

- We are limiting access to the studio to maximum 5 bodies at a time (4 participants and 1 supervisor/instructor).
- **Please wear a mask upon entry**, in the hallway and washrooms/locker rooms. You may remove your mask for physical activity within your designated zone only.
- All participants **MUST wash or sanitize their hands upon entering the space**.
- 15 minutes (minimum) will be scheduled between each training session in order to maximize distance between participants and sanitize the studio.
- Please do not arrive more than 5 minutes before your scheduled training time.
- If there is congestion at the entrance of the building upon arrival, please wait in the parking lot until the area is clear. Please use lines on floor to maintain distance in the hallway.
- All participants must wear some form of **quick-change indoor footwear** while moving between training zones. Bare feet are permitted only in your own designated warm-up or aerial zone.
- **Personal belongings** (bags, water, phones etc) can be placed in your **designated training zones ONLY** and not on any other surface
- Training times will start and end on time, including rigging, warm-up and cool down. Please respect these times to allow us time to adequately clean between sessions.
- Locker areas will be for toilet and hand-washing use only. Shower area will be closed off and locker use no longer permitted. Please come wearing training attire and shower at home.
- **No food will be permitted in training space**. Please snack outside if required.

### Physical distancing – 6ft/ 2m

- Training spaces have been per-designated, with aerial points min 7ft apart and floor zones 6ft apart. **Participants must stay within their designated spaces, as well as maintain 6ft distance from others when moving between zones, including using the washrooms.**
- Hands-on assistance will be provided as little as possible. In the event a student needs assistance or spotting, instructor will get consent to do so, will sanitize hands and wear a mask. In the event of urgent emergencies, instructor may need to intervene without the proper sanitation practices. For this reason, we are currently not offering programs for beginners.
- **Swinging in not permitted** on aerial apparatuses.
- You may film yourself only from within your designated zone.
- No Spectators (occasional exceptions for showcases)
- **Parents must drop off and pick-up their children without entering the building** (under 8 years excepted but parents are not to stay during class)

### **Disinfecting surfaces**

- All high use areas (i.e. doorknobs) will be disinfected between each training session
- All equipment used (i.e. landing mats, floor mats) will be disinfected after each use
- We will be using Bioesque Botanical Disinfectant Solution (Health Canada: DIN 02486857) and/or 70% Isopropyl Alcohol to clean these surfaces

### **Participants are encouraged to use their own equipment whenever possible**

- Personal aerial equipment must be approved by a PACA supervisor/instructor.
- A limited amount of studio silks will be available for use - these will be stored for a minimum of 48hrs before each subsequent use (research indicates the virus may live up to 24hrs on fabric but is undetectable after 48hrs. [https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247\(20\)30003-3/fulltext](https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247(20)30003-3/fulltext))
- Shared equipment such as mats, hoops, handstand pegs etc will be sanitized between uses.
- Aerial equipment will only be rigged by a qualified instructor/open gym supervisor, who will sanitize their hands before and after each install.
- Personal equipment must be taken home between each use and cannot be stored at the studio.

### **All reservations and payments must be made online.**

- Absolutely no drop-ins, all reservations must be made in advance online.
- We cannot accept cash at this time. Payments must be made at time of registration online.
- All in-studio reservations must be made online a minimum of 24hours before your scheduled training time.

### **Hand washing and sanitation practices**

- All participants are expected to wash their hands for a minimum of 20 seconds upon entering the studio, after using the washroom, and to sanitize *or* wash hands after touching any surfaces outside of training zones, after sneezing or coughing into your elbow, and before and after putting on or removing a mask.
- Instructors will be reminding participants to wash and/or sanitize their hands regularly and keep hands away from their face.

**\*All participants must acknowledge & sign updated waiver and abide by all new policies and procedures, including staying home when experiencing any symptoms of sickness and/or within 14-days of coming into contact with someone who is sick and/or within 14-days of having traveled out of province.**

### **Refund Policy Due to COVID:**

- We maintain our 24-hour cancellation policy except in cases of sickness. If you make a cancellation due to sickness, you will be **expected to remain away from the studio for a minimum of 14-days afterwards, or show proof of negative covid-19 test.**
- In case a supervisor is sick, we reserve the right to cancel any open training session on short notice. You will be notified via email. Please check your spam folders. **You will not be charged for a session that is canceled by the Studio.**
- If the studio is forced to close for any length of time due to pandemic outbreaks within the greater community, or internally, refunds will be issued by request.