

COVID-19 Health + Safety plan

The BE community is considered family. Like all families, we take care of each other. The support you've shown us during this challenging time has been overwhelming. Now it's our turn to show you our appreciation. We've gone above and beyond putting these new safety measures in place.

This is just a start. We are guided by Fitness Australia and the NSW Government on any updates we need to make. Please monitor this page. Any changes we need to make will be listed here.

We've always been proud of our studio and its cleanliness. For your health and safety, we are taking it to an even higher level.

BE UPDATED

The NSW Government roadmap to reopening begins on Monday 11 October, 2021. We will open BE with their guidelines. We are keeping up to date via Fitness Australia and NSW Government with the regulations we must adhere to. If you feel more comfortable attending classes via our BE Online platform, we will continue to offer this option for as long as needed.

In the event that there is a COVID-19 positive case within BodyEthos, the relative authorities will be contacted and any members, staff and teachers who have had potential contact will be notified. The studio has been disinfected to ensure it is safe to resume in-studio classes.

Last updated – 10 October, 2021

BE SAFE

The changes we've made to how we operate are designed to keep you, our staff and instructors safe. Here are all the changes you can expect that we are doing to keep you safe -

- Our staff will work to get you safely in and out of the studio, while maintaining social distancing practices
- Please fill out the vaccination check-in sheet with your name and document ID number
- All staff and teachers have completed the COVID-19 infection control training for Health Care workers (Aus. Govt. Department of Health)
- All staff and teachers have the option to wear masks and gloves if they choose. BE provides these for all team members
- New timetable and class times has been developed to allow 15 minutes between classes
- Sneeze screen installed at front desk
- Touchless class check-in. No Ipad use. Teachers will check you in to class via the APP on their own phone
- Touchless payment options
- Members only in-studio. No drop-in/ casual visits until January 2022
- Online classes will continue to be available for all members
- Sanitizing wipes (biodegradable) used for the reformer machines after each class
- Cleaning of all 'high touch' areas multiple times each day
- All equipment has been washed and the studio has been professionally sprayed
- Entire studio has been cleaned and professionally fogged/sprayed
- Chairs removed from all waiting areas
- No touch policy in-class by teachers. Verbal cueing only
- Staff and instructor health checks carried out prior working
- High-touch amenities removed. Hair ties, make-up remover pads available from reception
- Shower unavailable for use until further notice
- Hand wash signs from WHO strategically placed in studio
- Hand sanitizer signs from WHO strategically placed in studio
- Touch less hand sanitizing stations available on entry point to each studio space
- Reformer studio (lower) reduced to 9 machines for 1.5m distancing
- Main studio (upper) reduced to 30 students to allow for 1.5m distancing
- Late entries will not be allowed in the studio. Once class starts, you will not be allowed in
- The studio shop – we now sell yoga mats and socks

BE RESPONSIBLE

We've put a lot of changes in place, beyond what you see here. The way our new safety plan will be most effective is if we all do our part to keep each other safe. As members of BE, we ask the following of you –

- Stay home if you are unwell or have symptoms
- Health check – you will be asked as part of a health check if you have had COVID-19. If you have had COVID-19 you will need Doctors clearance to be in-studio
- Book in for ALL classes. Pilates mat, Pilates reformer, Yoga, Barre + Meditation
- Give 12 hours notice to cancel your class booking and 24 hours notice to cancel your private session booking. Our Cancellation Policy will be strictly adhered to – please cancel your reformer class within 12 hours. This will ensure any members on the wait lists (especially for the 6:00am classes) that we can get them in to class the evening before
- Arrive on time. Ideally 10 min prior allows us time to get everyone in the studio safely
- Bring your own masks and gloves to use if you are more comfortable
- Social distance 1.5m between other members and the BE team
- Bring your own mat and towel to use on equipment and yoga bolsters
- Place your own mat on the marked area in the main studio
- Bring your own socks for Pilates machines
- Bring your own water bottle
- Smile and be kind to others, we are all in this together

BE FORWARD

While we're taking every precaution to keep our community safe (and encourage you to do the same), we're acutely aware of and highly prepared to pivot BE again, if needed.

With no way to predict what will happen in the coming months, the best way we can prepare is to respond and evolve as the situation develops—with nothing but your safety in mind

Whether you plan to join us in-studio, or feel more comfortable staying home, we're here for you. If you have questions or concerns, let's chat.

We are looking forward to seeing your smiling faces again in-studio when you're ready to reconnect with us.

Wishing you abundant health,

Kylie, Sarah and the BE crew