

**UPDATED 1/9/2022**

We are so grateful to everyone who has supported us both in studio and online during these challenging times. We will continue to do our best to service you in a safe and healthy environment. Thank you for your cooperation and understanding.

**COVID- 19 STUDIO PROTOCOLS**

We will be following the Santa Clara county guidelines for quarantine and testing (see below)

* All Clients and trainers, regardless of vaccination status, are required to wear a mask (as of 8/3/21)
* If you are sick or exhibiting any symptoms of Covid please do not come to your appointment.
* We ask that you do not attend any session for at least 10 days after exposure (assumed or confirmed) or positive diagnosis, unless a negative test has been received in accordance with Santa Clara county guidelines (see below).

O**ur Health and Safety measures include:**

* We disinfect all high touch surfaces after every session, following the CDC guidelines
* All windows and doors will remain OPEN while anyone is in the studio to maximize air flow
* We will continue to run our AIR DOCTOR air purifier while people are in the studio
* Hand sanitizer, and masks are available at the studio for use

**Studio Safety Protocols:**

* Please wait outside prior to your appointment, until your instructor invites you in. (you may also wait in your vehicle and text your instructor). No early admittance to studio prior to scheduled session/class time to allow for previous clients to leave.
* Clients and instructors must wash there hands or sanitize prior to each session.
* Please wear socks during your session
* All sessions are approx. 50 minutes long to allow time for the equipment to be cleaned and reduce contact between clients.

We will continue to monitor and update our protocols according to local, state and federal guidelines in an effort to support everyone’s health and safety. Thank you for your continued support!

**SANTA CLARA COUNTY ISOLATION AND QUARENTINE GUIDELINES – as of 1/9/2022**

**1.** Persons who test positive for COVID-19, regardless of vaccination status, previous infection or lack of symptoms should:

* [**Isolate**](https://r20.rs6.net/tn.jsp?f=001bqlniBMH6MKxhVOL10ObfkH9xNqturJUvMGis0_g1c1ppmRZLYhvbDm3Cokpo09EiFTqOlyS-dIDbVgKIsZOQStVUazJRhpXYHM-C0CvxhxuBUU-t5kruAtPAwjpjacAICxPMashfEPX9dkxsSEsxpZ_QTqVTETf2JKrqfNBNc8-8r2ou8AF9bC_fo_4OlulmcHA7TWtrLcBGSek6j8m6H1zwMMNc2RX4XABNqkHOEeqQL2mlWhUZfeNSzQXueBMYN0m1Q9bSHI7iMd6JzrfPT_ETBiSk-16RDpqy8PYf3mJKZ7yCW5M-mWP_XnybljICFkNi_AZ7dXC8EhFIr3L8_PlLjzNCXaSSMPGgvp8a-bSIBpjdsGCGcsKLvBEhL2g5lNxz3k67VaKLiry1ThvtTiCbHFg7JT9IeQvV31u0Qqt8kZoUS0tKiqlqM1-HZ4p_jNWg05xcBM1VyKean3I2-LYkMmFGXC9NiNWP1FMj9cfqRX_pGed1kC7KP1y8Bw-1S1UzqK8BNSpGMZ1rSZ6AeX81zJO2Wxwq0K-viuAnlsFbqhkpoMTzYg31oNAp1JCIRmO4L0ZP8lQCRNlP9WUAsE-WGFnzANH2ySQSTklTU6fAd_Ar4Xs_POtK6gn4h4016Lo_vZfPMqzYfo5rxvMw3bpgnydGldyIN76kAgr2BaasTiMG6QNOeAe-epGk01dC0Lqrnv_Kuus0dcXF0cvHFTR9Q9nZs0dliKtHRZUHrawg0zf7BZYXfRTXhLDMpk9&c=BhjQxgpo2SpD3inH8iz-3RGeTQ7PSUNiVS8MN-a1EHBFsvxPtBOzeQ==&ch=SOw7176a1JPJxvY4bGIv1CXElzMK3Gd1A2e5cBVFgZGe-1q3iCueyQ==) and stay home for at least 5 days.
* Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen\* collected on day 5 or later tests negative.
* If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
* If fever is present, isolation should be continued until fever resolves.
* If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
* Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

[***\****](https://r20.rs6.net/tn.jsp?f=001bqlniBMH6MKxhVOL10ObfkH9xNqturJUvMGis0_g1c1ppmRZLYhvbDm3Cokpo09EquPvxs1-BWzuL2_R_X_1dKILvpqwePJZgwSjFJPPQxfDy_DKjl7NhM-851epqk6yvgMHsu9AlGCskjm_brqJTYHouJNltvWxJcgvn9OvXBotJ5HI-xI7mU-U0AgRjZ7Vqc1DcMlR72Uo0Y5xRS6rI7ykrRf3suKMJ5Hln-MUSZRvLiYcT0yfUhX5ofOqlHblFM_yhty6iQYXn4ElOLOE7nZ51Vq1elMeUc2nKgYzFo6HmfSHg7B0Ohqa_-mboLt_x5_TbrMsMBLg3ERPmptl9TcHHNq-fzQ2JJyE1MQAvDjXkWdFW3GGFvjlK0VhBa6d9M5aRnB0kDX0gMTnw8vRxS7dUPcCGAwp9n4dQeIjfREx0USdaW8OA9T0uYUx8cuLzONRB7HQWlz_rOgXx01zjTXZ3TpnU1LbEs32pOOyCrSvJuPgfl8H9j18ynP58bn3AbRMGE9O6AF1cus6tPWKSJIwJxJCLLYGxF-EHgIA3XXKF9TIAmxhyNBgh-LAfJrmAK6XrqwLNQUfQV2JOgk1O5eMd3Na4ic_Qb3quPZhsMsn6PvvugKvlOqxlQKOg3PVXvr8IfUapOow-8C81egyryVHbInnlkc4C_qElLVaitcEyfd_NsH5i3yQpJCMplJGZ094ZcB72K1MVSBY9hB4YEHsk0eHq9P6XnFqvPujIr8G5mLKOeTmuOqu7xxcIhkpj7BgAG31aoUumfRGjIYHNG1AKrhw_RgD8w0qxoAUc1htEn2XcX_8gvZy2wlggRbHZyzVc50YJT3cW3GcTm1WExnb0GKcX72jE0pa_iNlZoI=&c=BhjQxgpo2SpD3inH8iz-3RGeTQ7PSUNiVS8MN-a1EHBFsvxPtBOzeQ==&ch=SOw7176a1JPJxvY4bGIv1CXElzMK3Gd1A2e5cBVFgZGe-1q3iCueyQ==)*Antigen test preferred. This test is offered in Gilroy at San Ysidro Community Center. Negative PCR tests will also be accepted.﻿*

**2.** Persons who are exposed to someone with COVID-19 who are unvaccinated\* OR vaccinated and booster-eligible\* but have not yet received their booster doseshould:

* [**Quarantine**](https://r20.rs6.net/tn.jsp?f=001bqlniBMH6MKxhVOL10ObfkH9xNqturJUvMGis0_g1c1ppmRZLYhvbDm3Cokpo09EhhzaM5qhwh_5__sD0PgnO2gFCp_sgHGWcbIhcevk4wxpRuUTdzoXab0xUmwdD4nGLjF7vMndZczL0dB_3fC3GqiKSvc7_SDNiivl09s5jVo6TiT7eZW454TTcy0iMP9Dclbnm6ADKWh9ZoYkb5b7svj22oYzWWfEUVfTMW-9pz12AuyoArrYSSUc3kTytnedTszLjyi28blYQ_nkX-pJzY0RzmAfWKVKRyQf1ciIMlOXtUF-9pZCMyq5vuGmxAgJ4QOQW1C-AxYCP-L5brvgrnagqi_u4PC9YUa7cos7a9GRqIioG4Sk5DEAmoGHSwQ1BxSbd-bjE5SB3N876Q3cayOqBNUGWB7pWHmE22QkxaRUEgCqL9Lp3a_Hl6tSNkCVIXBM-1dXatnJ8hLvYfZhDyl7rbNNXUXdbtQ3C5WVdPGHwkkG7dSgY1BcCCyJz8RhWC1ESLHHwik-laMGMTjuPFFdtxUN-wMDYjW8JBmgNyRAnK-7QOzMTubxthSoTdW9WbX2rydfVijATR3lbdCIjPpQwsjL3RLegZVRLz7W2DqyMDFu0xKFkKL7EwV0xdmDtMJTHfa7eLhuutZSC71QXUJvoeR78asqflzFZt1-IaZn4v2WMyzwPdLxPODaCtJbhGXVRfFZ8VWl_35I-qxlsFJ7L3b_qkoQh7LVRfEHpF-r_-ifzx6sebbofUMHyUD5&c=BhjQxgpo2SpD3inH8iz-3RGeTQ7PSUNiVS8MN-a1EHBFsvxPtBOzeQ==&ch=SOw7176a1JPJxvY4bGIv1CXElzMK3Gd1A2e5cBVFgZGe-1q3iCueyQ==) and stay home for at least 5 days, after your last contact with a person who has COVID-19.
* Test on day 5\*\*.
* Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
* If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
* Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
* If testing positive, follow isolation recommendations above.
* If symptoms develop, test and stay home.

*\*Includes persons previously infected with SARS-CoV-2, including within the last 90 days.*

*\*\*Exposed persons, whether quarantined or not, should consider testing as soon as possible to determine infection status and follow all isolation recommendations above if tested positive. Knowing one is infected early during quarantine enables (a) earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and (b) notification of exposed persons ("close contacts") who may also benefit by knowing if they are infected.*

**3**. Persons who are exposed to someone with COVID-19 who are boosted OR vaccinated but not yet booster-eligible*do NOT\* need to quarantine but should still:*

* *Test on day 5\*\**
* *Wear a well-fitting mask around others for 10 days, especially in indoor settings.*
* *If testing positive, follow isolation recommendations above.*
* *If symptoms develop, test and stay home*

*\* Businesses may consider requiring employees who are household contacts to quarantine in accordance with the above recommendation for unvaccinated persons regardless of vaccination status.*

*\*\*Exposed persons, whether quarantined or not, should consider testing as soon as possible to determine infection status and follow all isolation recommendations above if tested positive. Knowing one is infected early during quarantine enables (a) earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and (b) notification of exposed persons ("close contacts") who may also benefit by knowing if they are infected.*