

Phase 2: Limited Schedule, Small Classes – Targeted for June 29, 2020

Overview

Monarca in Flight, a school of special instruction in the aerial arts, is finalizing plans to re-open at limited capacity. The target date is June 29, 2020. During this time:

- The class schedule will be limited, and class sizes will be restricted.
- Classes will only be open to current members and holders of previously purchased punch cards.
- There will be no introductory classes and no drop-ins or unregistered walk-ins.
- All students must register for the class at least one hour prior to the scheduled class start time.
- Registration will open one week before the scheduled class date (vs. two weeks pre-COVID).
- Usage of apparatus, equipment and tools will be restricted.
- Compliance with distancing, hygiene and sanitization procedures will be strictly enforced.
- We will screen all students and instructors for symptoms or potential recent exposure.

Operational Details

The requirements and procedures outlined below are subject to change based on revisions to the CDC guidelines, restrictions by state and local authorities, the ongoing availability of the necessary cleaning/disinfecting supplies, our own experience with these operating procedures, and other factors.

1. Attendance Limits: During this time, no more than 15 people will be allowed in the facility at any given time. This includes students, instructors/staff and family members of minor students
 - a. Dusk (gray) room: limit 7
 - b. Sunset (red) room: limit 3
 - c. Daylight (front) room: limit 2 for classes; others one-by-one through common area
 - d. Office: limit 2
 - e. One other person as needed for transactions, etc. (e.g., parent of a minor student)
2. Screening of individuals upon arrival
 - a. We will ask each person to affirmatively state whether they have experienced symptoms within the past 7 days and/or believe they may have been exposed to someone in the past 14 days who is exhibiting symptoms or has tested positive.
 - b. We may begin checking each person's body temperature using an external, no-touch scanner, to screen for possible fever.
 - c. We reserve the right to turn away anyone we believe may present a risk to others.
3. Enforcing Social Distancing and PPE
 - a. Social distancing of at least six feet between individuals will be enforced at all times. While staff will be monitoring this on an ongoing basis, each student will be responsible for ensuring their own behavior complies with this guidance.
 - b. When entering or exiting the classroom, passing each other in the common area, or otherwise sharing space, students must communicate with each other to ensure social distancing is maintained at all times.
 - c. Classroom apparatus will be spaced to ensure at least six feet between students at all times.

- d. Face masks must be worn at all times in the common areas, and are recommended during use of the apparatus unless you have problems breathing. Please note, however, that masks should be highly breathable so they do not overly constrict breathing during exercise. If you wear a mask during class, please be aware of the need for more frequent breaks. We will have disposable masks available for purchase in the office.
4. Reduced schedule and restricted equipment use
 - a. Classes will be scheduled every other day (for example, Sunday, Tuesday, Thursday) to allow for apparatus to be cleaned/sanitized between classes.
 - b. On class days, we will hold two classes in each room, spaced 30 minutes apart. Each individual apparatus will be used for only one class that day, then be retracted or “flown” and a fresh apparatus will be dropped for the next class. Apparatus will be laundered or sanitized on the down days between class days.
 - c. The following apparatus will not be in use, in any of the classrooms, until further notice:
 - i. Cushioned roll-up floor mats
 - ii. Monarca in Flight-owned yoga mats
 - iii. Inflatable exercise balls
 - iv. Stall bars
 - d. Any student wishing to use tools must confirm availability in advance with the office and must retain possession of the tools until they are no longer being used. At that time, and before leaving the building, students must clean/sanitize the tools and place them in the designated tool staging area by the stall bars in the front room.
 - e. Class changeover: Other than for the first class of the day, students should arrive for class no more than 5 minutes before class starts to minimize contact in the public areas. Once class is done, please follow the instructor's instructions to help sanitize your space, collect your belongings, and leave the building within 10 minutes to allow us to change over for the next class.
 - f. Common rosin and chalk containers will no longer be available. Students should purchase individual rosin and/or chalk bags for personal use. We will have these available for purchase in the office.
 5. Monarca in Flight cleaning/disinfecting routine
 - a. Monarca staff will conduct the following cleaning routine daily
 - i. Mop/disinfect all floors
 - ii. Clean/disinfect all bathroom surfaces
 - iii. Clean/disinfect all door handles and other commonly touched surfaces
 - iv. Run ozone generator for at least 6 hours each night after closing
 - b. After each use, each apparatus will be laundered/disinfected prior to the next class, unless alternative methods are identified that ensure continued safe use. Generally, this will necessitate at least one day between uses of each soft apparatus, to allow time for laundering and drying between classes

6. Other restrictions and responsibilities

- a. Each student must bring his/her own yoga mat to class for warmups and take it with them after the class has ended.
- b. The storage cubes will not be available for use. Students must arrive dressed for class and leave any additional personal items in their vehicles. Only shoes, car keys and phones/wallets will be allowed inside the building. Shoes must be left in the entry hallway upon arrival. Car keys and phones/wallets should be taken into the classroom with each student.
- c. Prior to taking their first class after reopening, each student must sign a statement acknowledging the procedures and restrictions that are then in effect; agreeing to abide by these procedures and restrictions and any subsequent modifications to them; and explicitly acknowledging and accepting the risks inherent in attending classes during the pandemic despite all reasonable precautions being taken.
- d. Each person must wipe/disinfect bathroom surfaces immediately after each use, in this order: door handle, faucet handles, soap dispenser handle, toilet handle and seat. The sanitary wipe will be discarded as you leave the restroom; wipes may NOT be flushed.

Other Important Details and Responsibilities

1. Given that our capacity will be limited, we ask members to be considerate when registering for multiple classes, knowing that others may want to take the same class on any given day. We reserve the right to actively monitor/manage class sign-ups to work toward equitable distribution of class slots to interested students.
2. Except for one parent per minor student, friends or family of students will not be allowed to enter the building except as necessary, and then only by prior arrangement with the office, to handle payments or other administrative matters than cannot be handled online.
3. We reserve the right to modify these procedures, add additional constraints, and make other changes for the protection of Monarca in Flight students and staff, at any time and without advance notice. We commit to notifying all members promptly of any such change once it has been implemented.
4. We will closely monitor adherence to these procedures and any subsequent changes to these procedures, and we reserve the right to ask any student not abiding by the procedures to leave immediately.