



Updated as of 9/30/2020

ZBHA Class Attendance Protocols and Guidelines for Safe Practices to Avoid Transmission of Covid-19

Attendance, Cancellation and Refund in the Context of Covid-19:

- The instructor will be monitoring registrations, cancellations and relevant local permissions and policies prior to this class. Should the instructor determine the class needs to be canceled or rescheduled, they will do their best to notify each participant in a timely manner. Refunds will be provided unless you choose to have your tuition retained and applied to a future class.
- Class size will be limited to allow physical distancing and to comply with local ordinances.
- If you are on a waiting list, you will be notified if any spaces open up. If you are thinking of cancelling, please notify the teacher as soon as you know, so that your space can be offered to another student.

Your Responsibility in the Context of Covid-19 prior to Class:

- If you are from a different state than the class location, consult current state regulations for where the class will be held and recommendations for people entering that state.
- Do not attend if:
 - a. you have been exposed or may have been exposed to Covid-19 , and have not been able to rule out Covid-19 through a test since the exposure, and/or
 - b. you have developed symptoms including, but not limited to, a dry cough, sore throat, shortness of breath, chills, loss of taste or smell, muscle aches, nasal congestion/runny nose, and/or new skin rashes, and have not been able to rule out Covid-19 through a test since developing symptoms, and/or
 - c. you feel ill and record a temperature above 100.4°F, and/or
 - d. your primary care provider recommends you not be in public settings, and/or
 - e. you previously tested positive for Covid-19 and are still contagious.

- If you decide that your risk level precludes your ability to feel safe attending this class, let the instructor know as soon as possible.
- Should you need to cancel your registration due to Covid-related concerns, your tuition will be fully refunded or applied to a future class without fees.
- Respond within 48 hours to requests from the teacher during the week prior to the start of the class to confirm that you are healthy according to the above guidelines and that you have not been at risk of exposure in recent days.

Screening During Class:

Given that students and teachers have been screened prior to the first day of class for risk of carrying the virus and the presence of protocols to limit transmission of unidentified exposure, additional screening upon arrival or during class will not be required (unless the state the class is taking place in has a daily screening requirement).

However, if anybody, including the teacher, raises a concern about exposure during travel to class or between class days, the teacher will have the option of checking temperature and inquiring about symptoms and possible contact with infected people. In the event that screening on the first or subsequent days of the class raises concern about illness or exposure, the teacher may ask a student to leave the class.

Personal Responsibility in Class:

- Keep your immune system strong with practices including: rest, hydration, good nutrition, movement, and therapies that serve you.
- Wash your hands immediately upon arrival and often throughout the day with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. In addition, hand sanitizer will be available in the class.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Provide your own face mask and optional eye goggles/glasses or face shield.
- Wear your mask when you are indoors or within 6 feet of another person outside.
- Wear a fresh or clean mask daily.
- If you remove your mask to eat or drink, please make sure you secure it in a closed bag.
- Please maintain awareness of social distancing from the teacher and other students throughout the class, unless doing table work.
- Please do not leave any food or beverage exposed, unwrapped or open and unattended. If using paper cups, please throw them out after use.
- Please bring your own snacks, beverages and bagged lunch if you choose.

- Please take steps when not in class to minimize your exposure to Covid-19.
- If you have any concerns about anything related to Covid-19, please address directly with the instructor or a teaching assistant.
- If you feel unwell and need to leave to class, please inform the teacher.

Classroom Protocols:

- At the beginning of the first day of the class, the instructor will facilitate a discussion with the participants about any Covid-related concerns and, together, the group shall agree upon any changes to the procedures based on factors such as geographic infection rate, state or local mandates, venue, needs of students/teachers, size of class, etc.
- If a student displays Covid-19 symptoms including, but not limited to, an elevated temperature, the instructor reserves the right to prohibit any student's attendance at any time.
- Gloves will be provided if you wish to use them during the hands-on portion of the class or you may provide your own.
- Treatment tables and chairs will be spaced to allow physical distancing.
- Please wipe down treatment tables and frequently-touched objects with sanitizing materials provided.
- The teacher will allow time for hand washing or sanitizing before and after table-work.
- Bathroom breaks will be arranged to support physical distancing.

Post Class Contact Tracing:

- Any member of the class that tests positive for Covid-19 in the 2 weeks following the last day of the class must contact the instructor who will then notify, within 48 hours, all members of this class.

I have read the above statements and agree to comply.

Date: _____

Name (Print): _____

Signature: _____