



As per our Standard Wellness Policy if your student is not feeling well do NOT come to the studio. Your student may attend class via Zoom.

If you or your student has been exposed to someone who is sick (any illness, not just COVID) please stay home. Your student may attend class via Zoom.

If your student will not be attending an in-person class and needs to attend via Zoom please notify the studio by 2pm the day of their class.

Please refer to the Health Check Questions below to help in deciding between in-person and Zoom classes.

Health Check Questions to consider – IF YOU ANSWER YES TO 2 OR MORE SYMPTOMS DO NOT COME TO IN-PERSON CLASSES.

Within the last 48 hours have you or anyone you are in regular contact with had or have:

Cough	YES ____	NO ____
Shortness of breath	YES ____	NO ____
Fever	YES ____	NO ____
Chills	YES ____	NO ____
Repeated shaking with chills	YES ____	NO ____
Muscle pain	YES ____	NO ____
Headache	YES ____	NO ____
Sore throat	YES ____	NO ____
New loss of taste or smell	YES ____	NO ____
Vomiting	YES ____	NO ____
Diarrhea	YES ____	NO ____