

COVID - 19 STUDIO GUIDELINES



PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE

Welcome back...we've missed you!

At Evolve your health and wellness is always our top priority. The Evolve team are adhering to cleaning and safety protocols in relation to Covid-19 to help reduce the risk of infection to you and others. Please help us keep us all virus-free by practising the following rules:

- ① Please do not join the class if you feel unwell, even if you feel fit enough to workout. If necessary seek advice from a health care professional, and notify Meagan at Evolve.
- ① Wash and sanitize your hands before and after class. Plus any other necessary occasion; after using the bathroom, coughing/sneezing, or after touching potentially contaminated surfaces. (please see diagrams near each cleaning station).
- ① All mats, and other personal items should be cleaned before entering the studio. Use a large clean towel to place over your mat.
- ① Stay more than 1.5 metres away from others at all times.
- ① Cover coughs and sneezes with an elbow or a tissue.
- ① Avoid touching the face, eyes, nose and mouth.
- ① Dispose of tissues/wipes in the bins provided.
- ① Please do not touch any merchandise unless you are purchasing.
- ① After class please clean and sanitize any item you may have touched/used with the disinfectant spray and wipes provided.
- ① If you have any flu-like symptoms after visiting our studio (within two weeks) please adhere to government guidelines, seek advice from a health care professional and notify Meagan at Evolve.

Thank you for taking the time to read and adhere to the rules. Have an amazing workout and keep-on evolving. Meagan x.



PLEASE CONTACT US FOR FURTHER DETAILS

0434 916 561 info@evolve-studio.com.au

E V O L V E
BY MEAGAN COX

STUDIO CLEANING PROTOCOL



PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE

Our studio will be cleaned before and after each class and adhere to protocols in relation to Covid-19 to help reduce the risk of infection to you and others. One of our team members will clean the studio using the following steps:

- ① Please put on clean gloves prior to cleaning.
- ② Thoroughly clean all hard surfaces using the 2-in-1 (detergent and disinfectant) and water with a disposable cloth supplied.
- ③ Pay particular attention to frequently touched areas, i.e. door handles, barre and bathroom.
- ④ If necessary use a separate disinfectant after cleaning. Allow the product to remain on the surface for the period of time required to kill the virus (contact time) as specified by the manufacturer. If no time is specified, leave for 10 minutes.
- ⑤ Mop the wooden floor using product provided and water.
- ⑥ Clean/disinfect soft surfaces with the product provided. If further cleaning is required, escalate to Meagan.
- ⑦ Place all used (reusable) cloths into the sealed laundry bag provided.
- ⑧ Gloves should be discarded after each clean or added to the laundry bag to be cleaned if reusable.
- ⑨ Clean hands immediately after removing gloves using soap and water or hand sanitiser.
- ⑩ Check there are adequate supplies of cleaner, soap, hand sanitizer, towels etc. If stocks are low, notify Meagan.

If a person who has been at the studio is suspected or confirmed to have COVID-19, see Decontamination Cleaning Protocol document.

00000

PLEASE CONTACT US FOR FURTHER DETAILS

0434 916 561 info@evolve-studio.com.au

E V O L V E
BY MEAGAN COX

COVID-19 CASE SUSPECTED OR CONFIRMED



PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE

If a person who has been at the studio is suspected or confirmed to have COVID-19. You will need to follow the steps below:

- ① Call the WA health department helpline 6373 2222 for the latest advice.
- ② Action the above advice accordingly.
- ③ Identify who at the studio had close contact with the affected person. If instructed on the helpline, tell the close contacts they may have been exposed and follow advice on quarantine requirements and next steps as per WA government guidelines.
- ④ Commence cleaning (See Decontamination Cleaning Document).
- ⑤ Follow WA government guidelines on quarantine and re-opening the studio.
- ⑥ Review protocols in place relating to Covid-19 and review whether they need to change. Consult all team members on changes or issues.

EVOLVE

PLEASE CONTACT US FOR FURTHER DETAILS

0434 916 561 info@evolve-studio.com.au

EVOLVE
BY MEAGAN COX

DECONTAMINATION CLEANING



PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE

If a person who has been at the studio is suspected or confirmed to have COVID-19, we will thoroughly clean and disinfect all areas of suspected contamination. One of our team members will clean the studio using the following steps:

- ① The studio will be closed off to the public during this time.
- ② Open outside doors to increase air circulation and then commence cleaning and disinfection.
- ③ PPE before cleaning (provided), disposable gloves and safety eyewear to protect against chemical splashes.
- ④ STEP 1: Follow the routine cleaning protocol.
- ⑤ STEP 2: Clean all hard surfaces with 1,000 ppm (0.1%) bleach solution.
- ⑥ STEP 3: All soft surfaces should be professionally cleaned/machine washed at a high temperature.
- ⑦ Cleaning equipment including mop heads and cloths should be laundered using hot water and completely dried before re-use. Cleaning equipment such as buckets should be emptied and cleaned with a new batch of disinfectant and allowed to dry completely before re-use.
- ⑧ Once cleaning is complete place all disposable clothes, PPE and towels into a rubbish bag and place it inside another rubbish bag (double-bagging) and dispose of the bag in the general waste.
- ⑨ Clean hands immediately after removing gloves using soap and water and follow with hand sanitiser.

00000

PLEASE CONTACT US FOR FURTHER DETAILS

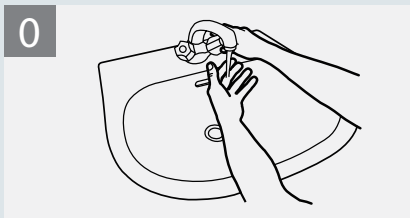
0434 916 561 info@evolve-studio.com.au

E V O L V E
BY MEAGAN COX

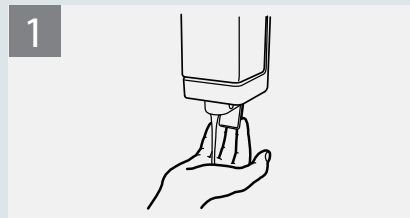
HAND WASHING PROTOCOL



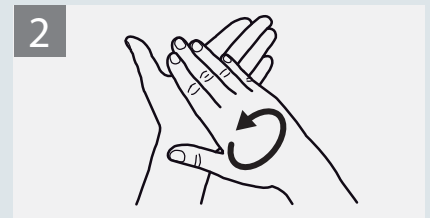
PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE



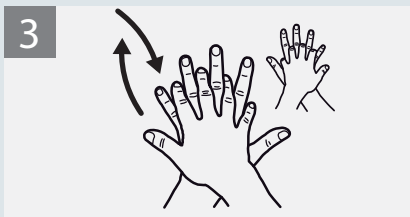
Wet hands with water;



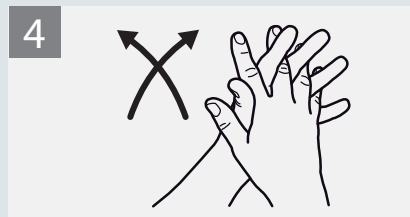
Apply enough soap to cover all hand surfaces;



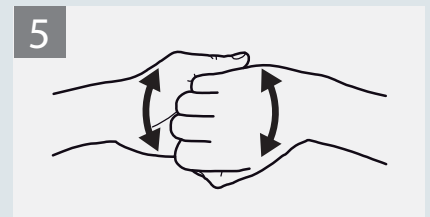
Rub hands palm to palm;



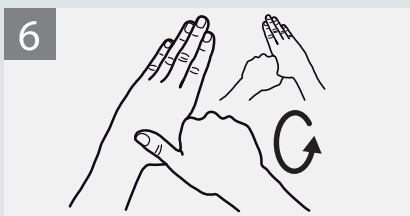
Right palm over left dorsum with interlaced fingers and vice versa;



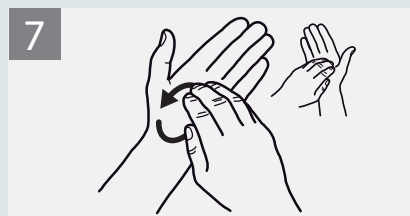
Palm to palm with fingers interlaced;



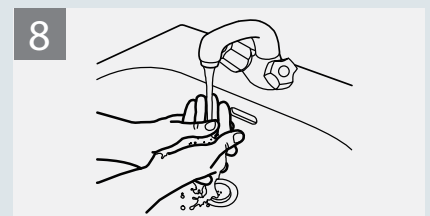
Backs of fingers to opposing palms with fingers interlocked;



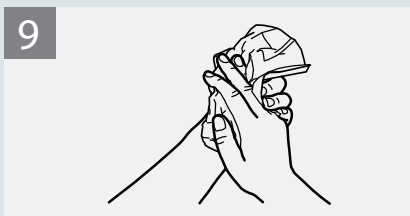
Rotational rubbing of left thumb clasped in right palm and vice versa;



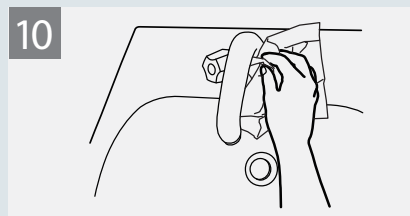
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



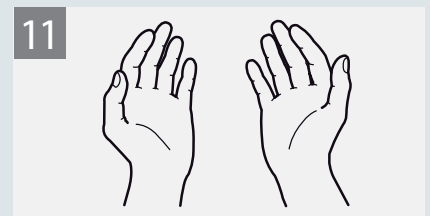
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Your hands are now safe.

PLEASE CONTACT US FOR FURTHER DETAILS

0434 916 561 info@evolve-studio.com.au

EVOLVE

BY MEAGAN COX

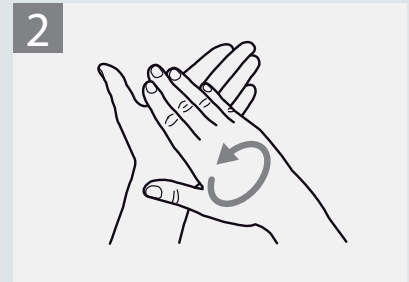
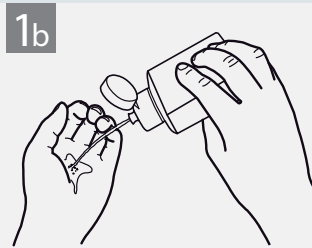
HAND SANITIZER PROTOCOL



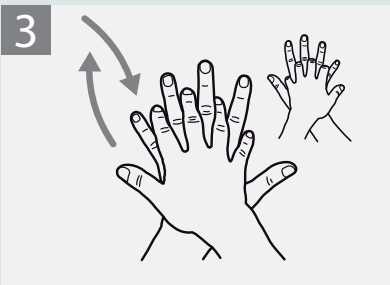
PLEASE HELP KEEP OUR STUDIO & CLIENTS VIRUS-FREE



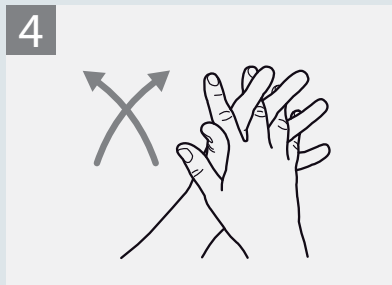
1a Apply a palmful of the product in a cupped hand, covering all surfaces;



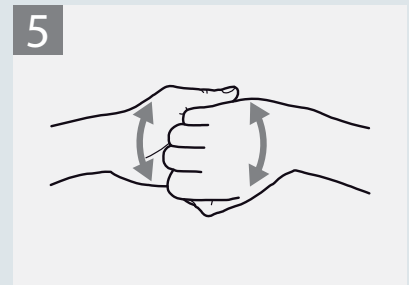
2 Rub hands palm to palm;



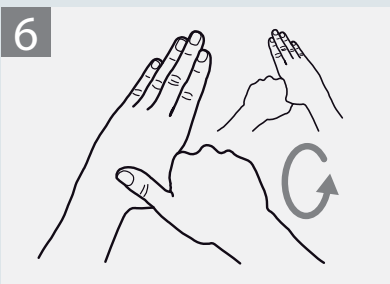
3 Right palm over left dorsum with interlaced fingers and vice versa;



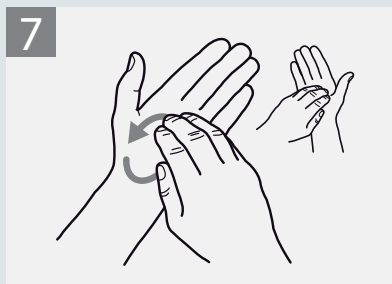
4 Palm to palm with fingers interlaced;



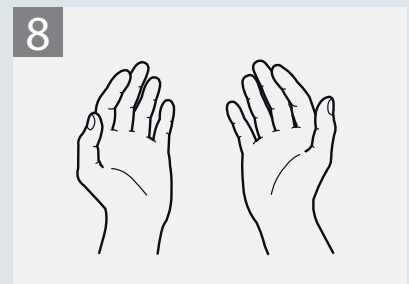
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.

PLEASE CONTACT US FOR FURTHER DETAILS

0434 916 561 info@evolve-studio.com.au

EVOLVE

BY MEAGAN COX