

Washington State guidelines for fitness facilities and healthcare facilities are different, so our Covid-19 policies will differ for Pilates clients and physical therapy clients. Effective March 12, 2022, **masking is optional for Pilates clients during** Pilates sessions. However, when entering and exiting the facility and also when moving through common spaces like the bathroom and hallways, masking is required of all clients. Our **physical therapists and all physical therapy clients must wear masks** in accordance with WA State DOH guidelines, regardless of vaccination status.

Ongoing Covid-19 prevention:

- All team members are fully vaccinated.
- All Pilates clients must be fully vaccinated.
- Clients wash hands before and after treatment/Pilates session.
- Clients and team members stay home if they are ill.
- We follow CDC and local health department guidelines for determining when it is safe for clients and team members to return to the clinic following Covid-19 exposure and/or infection.
- Cleaning of all surfaces between treatments with Protex.
- Use of air filters that clean the air in our treatment rooms and small studio spaces 5x/hour down to .3 microns.
- Urging all community members to get vaccinated.
- Clients and employees who travel internationally must take a Covid PCR test 5 (or more) days after return flight and provide us with their negative test result before returning to the clinic for in person care OR they may wait 7 days to return for in person care without a test. Our preference, for the safety of our community and our team is that international travelers get tested and provide us with the negative test result.
- Continue to update policies based on guidance from the CDC and local government.

Please contact Elizabeth Rogers directly with any questions or concerns. She is available via clinic phone (206-535-7356) and email (elizabeth@elizabethrogerspt.com).