

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. **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.
- Clients and team members who test positive for Covid-19 may return 10 days after onset of symptoms or 10 days after positive test, for those who are asymptomatic. If a client or team member tests negative between day 6 and day 10, they may return sooner. Onset of symptoms is day 0, or for those who are asymptomatic, day of positive Covid-19 test is day 0.
- If a member of client or team member's household tests positive for Covid-19, that client or team member must test before coming to the clinic. They should stay home if the test is positive.
 - If the test is negative and they are asymptomatic, they may come in, but they should wear KN95/N95 mask. They should continue to test daily.
 - If the test is negative, but they have symptoms, they likely have some other virus and should cancel if they are in the first few days of the illness and/or have a fever.
- 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.
- Continue to update policies based on guidance from local government and the CDC.

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