

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 who test positive for Covid-19 may return on day 6 after onset of symptoms or on day 6 after positive test, for those who are asymptomatic as long as they 1.) test negative on day 6, 2.) symptoms are resolving and 3.) they have been fever free for at least 24 hours. If Day 6 Covid-19 test is positive, they are likely still contagious and should retest in 24-48 hours. Clients may return prior to day 11 if all three criteria are met. Otherwise, they may return on day 11 and a negative test is no longer required. However, Pilates clients who want to workout mask free must have a negative test before discontinuing masking during Pilates sessions. *Onset of symptoms is day 0, or for those who are asymptomatic, day of positive Covid-19 test is day 0.
- Team members with mild-moderate Covid infection who are not moderately-severely immunocompromised, may return to work after the following criteria are met:
 - At least 7 days have passed *since symptoms first appeared* if a negative viral test* is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7), **and**
 - At least 24 hours have passed *since last fever* without the use of fever-reducing medications, **and**
 - Symptoms (e.g., cough, shortness of breath) have improved.
- Team members who are asymptomatic throughout their Covid infection and are not moderately-severely immunocompromised, may return to work after the following criteria are met:
 - At least 7 days have passed since the date of their first positive viral test if a negative viral test* is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7).
- 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).