



COVID-19 Operating Plan

Emerald City Trapeze Arts (ECTA) is looking forward to welcoming our staff, instructors, and students back to the world of circus instruction. In the interest of providing the safest environment possible, we have developed a comprehensive plan for reopening the studio. This plan follows all requirements issued by the State of Washington for reopening fitness studios in addition to more stringent protocols that are specific to circus and ECTA in particular. This plan will remain in place until new guidelines require or allow changes.

We recognize the balancing act between being safe from the virus and our long term mental/physical health. We strongly believe that the active movement and creativity that circus embodies directly benefits our overall health, and so, we have worked hard to ensure that both needs can be met during these challenging times. While we are making every reasonable effort to reduce the risk of contracting COVID-19 while engaged in classes or other training at ECTA, each person must recognize that all risk cannot be eliminated and therefore, all individuals who enter the studio must sign the ECTA Waiver and Assumption of Risk before booking any classes and agree to adhere to our COVID-19 operating plan requirements upon entry to the studio for each class you participate in.

We are relying on the entire circus community working together to help keep each other healthy. Please come prepared to follow the policies illustrated in the following paragraphs. If you have any questions, please reach out to the management team at info@emeraldcitytrapeze.com.

Our current guidelines are outlined below.

Symptom Screening

★ **Studio Entry Protocol:** Upon entering the studio, each person (staff and participant) will be asked a series of questions intended to identify elevated risk factors:

☆ Have you had any common symptoms of COVID-19 in the past 24 hours?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

☆ Have you been in close contact with anyone exhibiting or indicating any of the common symptoms of COVID-19 in the past week?

☆ Have you been in close contact with anyone positively diagnosed with COVID-19 in the past two-weeks?

★ We'll use a contactless thermometer to check and record the temperature of each person entering the building. Temperatures over 100.4° F indicate elevated risk.

☆ Anyone who has a temperature of greater than 100.4, has exhibited any common COVID-19 symptoms, or has come into contact with someone exhibiting symptoms or has been diagnosed with COVID-19 within the last 14 days will not be permitted to enter the studio.

★ If anyone tests positive for COVID-19, they will only be permitted to return following 2 negative tests (CDC, 2020). Test results must be provided for verification.

Studio Cleaning and Disinfecting

★ **Individual Hand Washing:** Everyone who comes to ECTA will be asked to wash their hands with soap and water upon arrival and to use hand sanitizer frequently during their time in the studio. We have installed touch free hand sanitizer dispensers throughout the studio.

★ **Studio Cleaning:** ECTA has purchased a large amount of Cavicide disinfectant spray which is approved by the EPA to kill the virus that causes COVID-19, and can be used on any nonporous surface. Additionally, we have acquired a large supply of alcohol (ethanol alcohol (EtOH 80%)) to clean surfaces that are at risk of deterioration from

Cavicide or on equipment that is cleaned during the course of a class. A cleaning schedule will be maintained by staff and instructors. Log sheets of all cleanings will be prominently displayed.

- All floors will be mopped with the appropriate disinfectant each day, including the handstand area and bathroom floors.

★ **Equipment Sanitization:** All equipment that can be safely sanitized between uses will be, including lyra (bare, tape removed), Cyr wheels, mats, yoga blocks and other fitness equipment. Soft apparatuses will be “rested” from other contact for at least 23hrs. This includes fabrics, ropes, and span sets that come in close contact with individuals. The carpet backed blue mats will not be used until/unless it is feasible to disinfect between uses or it is otherwise safe to do so.

- ☆ There will be no sharing of equipment except between family/household members.
- ☆ We will *not* be using shared rosin and chalk bins. Each student will be provided with a small amount of chalk/rosin for the class they are attending. Ensure you bring it with you for subsequent classes. No loose or hard rosin will currently be allowed because of the increase in alcohol use for cleaning. We will also be offering liquid chalk/spray rosin for sale.
- ☆ Bars have fresh gauze applied after every class and retaped at the end of each day.

Social Distancing

★ **Occupancy:** We will keep our occupancy well below the number permitted by the State of Washington to improve safety.

★ **No observers:** Only staff, instructors, and students will be permitted in the studio. We cannot accommodate any observers at this time.

★ **Masks are required.** We understand training in face masks will increase the challenge of your classes and training, however, face masks are required at all times in the studio. They must cover both mouth and nose and remain in place except when drinking water in the student’s designated space in their class zone. We have masks for sale in case you forget. Coaches will take the use of masks into account and plan lessons and class content and flow accordingly.

★ **Reservations:** Reservations for class will remain open until 3 hours prior to the start of class. If you wish to register for a class within 3 hours of the start time, please contact the front desk directly.

★ **Locations:** All classes will be assigned specific to a specific “room” in the studio.

- ★ **Staggered Class Times:** Start and end times will be staggered to allow for physical distancing in the lobby and to prevent bottlenecks at exit or entry points and other high traffic areas.
- ★ **Studio Logistics:** In an effort to keep distance between studios and to reduce congestion at key locations, we have introduced the following:
 - ★ **One-way Paths:** One way paths are clearly marked throughout the building. Just follow the arrows on the floor.
 - ★ **New Exit Door:** The door on the north wall of A-side that goes out to Lander will be the exit. Anyone leaving will need to re-enter from the main entrance and repeat the entry process.
 - ★ **Safe Class Spaces:** All spaces in the studio are marked to allow a minimum of six feet between each person. Each training zone will be clearly marked where students should sit/stand/stretch when not physically on an apparatus.
 - ★ **Designated areas:** Each class has a designated “room” or training area. We will not be using adjacent rooms simultaneously. When a room is in use, the adjacent rooms on any side of it may not be used. You must stay in your room during your class.
 - ★ **Distanced Warm-ups:** All warm-ups will be conducted in each student’s designed space while maintaining physical distance. Classes will not be joined for warm-ups.
 - ★ **Socializing:** It is the responsibility of everyone who enters the space to ensure that they maintain physical distancing. Students and instructors must remain in their designated spaces during class unless using the restroom.
 - ★ Repeated failure to follow these guidelines may result in forfeiture of access.

Additional Class Changes

All our “Phase 2” classes will focus on making sure you have a solid foundation: Strength and flexibility, and physical and mental calluses!

- ★ **Reopening Classes:** Classes will focus on a safe re-entry to circus, so students can expect a little more review and conditioning in the beginning.
- ★ **Personal Apparatus:** Students who own their own apparatus are encouraged to bring it for their personal use during class. Following class, the apparatus should be sanitized by its owner and cannot be stored at the studio.
- ★ **Rigging:** Only the class instructor is permitted to rig.
- ★ **Personal Rigging Hardware:** Your own carabiners, swivels, plates, etc... may not be used. ECTA will provide all necessary rigging hardware.
- ★ **Class Size and Duration:** Class times and number of students per class are reduced:
 - ★ **Aerial, Ground, and Fitness:** 50 minutes and 4 students maximum

- ☆ **Flying Trapeze:** 1 hour and 5 students maximum
- ★ Students and instructors may participate in no more than 2 classes back to back.
- ★ 1 hour out of the studio resets the clock.

- ★ **New Waitlist:** If the class you want fills up you may add yourself to the waitlist. The new waitlist will automatically add you to the class if a spot opens a minimum of 3 hours prior to the start of class. We will evaluate this window and may change it in the future based on your feedback.

- ★ **Food and Water Policy:**
 - ☆ Food may not be brought into the studio and you may not eat inside the studio.
 - ☆ Drinking water is permitted in designated class spaces provided you can maintain a minimum of 6' of distance from all other people.
 - ☆ Water bottles cannot be refilled on site at this time. Bring your own full water bottle. Or two. Bottled water will also be available for purchase.

High Risk Students

While we want to see all of our students back in the studio, anyone who is at high risk for having a serious reaction if they contract COVID-19 is encouraged to stay home and consider taking one of our online offerings. We will miss you , but we don't want you to place yourself in a position of added risk.

Thank You

The health and safety of our students and staff is of paramount importance to us. We're immensely grateful for your continued support and patience during this unprecedented crisis.

Please keep in mind that our COVID-19 operating plan can change quickly due to new guidelines and regulations provided by local and state government.

We're all very excited to welcome our circus family back into the space you love, and we look forward to seeing each of you again soon. If you have any questions or concerns, please reach out to us at: info@emeraldcitytrapeze.com.

With Gratitude,

Shawn Hammer
Emerald City Trapeze Arts