

Urban Movement Arts  
**COVID 19 Pandemic Rules and Guidelines**  
For In-Person Classes

UMA is committed to providing a safe and healthy workplace and learning environment for all our staff and students. We have developed the following **COVID 19 Pandemic Rules and Guidelines**. UMA's goal is to mitigate the potential for transmission of COVID-19 (and all illness) in our workplace and throughout our communities. Full cooperation from all UMA staff and students is critical to our collective success. All UMA instructors, administrators, and students/clients are responsible for implementing and complying with all aspects of this COVID 19 Pandemic Rules and Guidelines. Our COVID 19 Pandemic Rules and Guidelines follows Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Health guidelines, and OSHA Standards related to COVID-19.

### **Booking Classes**

- You must reserve a space and pay for class via the MindBody website or app.
- Booking of classes ***will open three days to a week in advance*** and ***close one hour before class time for both in-studio and outdoor classes.***
- ***UMA in person classes will operate with an 4-8 participant limit in August.***
- At booking, you will be prompted to read and sign a COVID 19 Risk Self Assessment Statement.
- All UMA members who proceed to book in person classes via MindBody are required to sign an updated Liability and Release form.

### **Returns, Exchanges, and New Pricing**

- As of August 2, our pricing structure will change:
  - All online classes are \$10/ class
  - All in person classes, out-doors or in the studio, are \$15/ class.
  - Membership pricing and access remains the same.
- All gift cards and class passes valid as of March 16, 2020 will be honored
- **No refunds or exchanges will be possible for in person class bookings.**

### **Before Leaving Home:**

- Take your temperature. We also have a no-contact thermometer at the studio and will take temperatures if we feel it necessary.
- Put on your dance/workout clothes. We will not be providing a sanitized area to change on site.
- Fill your water bottle. We will not be providing water.
- Read and sign the updated Mindbody waiver
- Complete the Covid Self Assessment Form for EACH DAY you plan to attend class.

## Arriving for In-Studio Class

- Arrive 10 minutes before class start time and wait to be checked in at the 21st Street main building entrance. Do not use the lobby. Clients unable to arrive with adequate time for check in will not be allowed to take class. There will be no refunds for late arrivals.
- An UMA staff person will meet you outside to confirm pre-booking, completed forms, and may take temperatures.
- Clients will enter Studio A only (the big studio) by turning right at the top of the stairs. Please do not wander or socialize in the stairwell or hallway.
- Clients will select one of the 6x6 squares taped on the floor wherein they would like to attend class.
- **UMA will NOT provide drinking water or cups.** Please bring your own.
- We want to limit traffic through the studios and use of our bathrooms. Clients may use the bathroom in the lobby as needed. **Do NOT use the lobby bathroom to change.**
- Please arrive in your dance/workout clothes. We discourage use of the lobby or hallway bathrooms to change clothes. If you must change your clothes after class, you may use the hallway bathroom. We are not responsible for sanitation and maintenance of the hallway bathroom, as it is shared with other businesses in the building.
- Clients unable to follow this protocol will be asked to leave or may be suspended from booking future classes.

## Hygiene Protocols at the Studio

- Hand sanitizer will be available on site.
- Masks are required.
- Anyone that has symptoms of illness such as excessive coughing, sneezing, irritability, fatigue or fever will not be permitted into the building. See COVID 19 Self Assessment Form.
- Participants that touch their eyes, nose, or mouth repeatedly will be asked to leave programming for the day.
- [CDC Hand Washing Guidelines](#)
- Masks are available for purchase at Monde Market downstairs.
- **Cups and water bottles will not be provided.** Please bring a full water bottle or purchase water downstairs at Monde Market

## Outdoor Class

- Outdoor classes require a minimum of 3 participants in order to operate. If we are not able to meet the quorum, you will receive a text/or email notification 30 min before class time. Invite friends in order to ensure the operation of the class!
- Outdoor class may be cancelled due to poor weather. You will receive cancellation notices via text and/email 30minutes before class if there is bad weather.
- If there is a cancellation due to either reason stated above, your pass will be credited to another class of your choosing on our schedule. UMA staff will be in touch promptly in order to reschedule your pass. There are no refunds.

## **Our COVID-19 Sanitation and Controls Protocol**

### **Controls for social distancing**

- For dance spaces: floor tape will be used to create 6 x 6 foot personal dance spaces, separated by 3-4 feet.
- Cubbies and other storage areas are off limits.
- Students are not allowed to share personal items with others, nor allowed to borrow from UMA.
- Signs will be up reminding students to limit unnecessary touching of walls, random items, their faces and others.

### **Ventilation**

Windows and doors will be open as much as possible to increase the flow of fresh air. Windows and doors may be closed during the afternoons and when heat and/or humidity are high so that the HVAC can be used.

### **Disinfecting**

- Frequently touched surfaces in public areas will be disinfected after each class and generally every 90 minutes throughout the facility.
- All public spaces will be disinfected nightly.

### Cleaning Chemicals for COVID-19

Bleach solution to CDC standards: 60 seconds for nonporous items; 10 minutes for other items ([CDC](#))

70% isopropyl and 60% ethanol alcohols may be used to disinfect in 20-30 seconds. ([CDC](#))

3% hydrogen peroxide: 30 seconds for nonporous items; 6 minutes for other items. Hydrogen peroxide can also be diluted to 5 parts water to 1-part hydrogen peroxide without reducing efficiency. ([CDC](#))

Additional EPA-register disinfectants can be found on the EPA website. ([EPA List N Chemicals](#))

### **These protocols are based upon the following sources:**

- PA Guidance on Summer Recreation, Camps, and Pools
- PA Process to Reopen Pennsylvania
- Pennsylvania Recreation and Park Society Reopening Guidance
- Pennsylvania COVID-19 Business Guidance
- CDC- Guidance for Cleaning and Disinfection – Public Spaces, Workplaces, Businesses, Schools, and Homes

- CDC – Guidance for Child Care Programs that Remain Open
- CDC – Cleaning and Disinfection for Community Facilities
- CDC – Considerations for Youth Sports