

# Kinected COVID Policies



October 2022

Updates in effect, October 1st, 2022. Please adhere to these policies during your time at Kinected.

## Face Masks

As of October 1st, face masks are optional for Pilates clients. Physical Therapy & Craniosacral patients must wear masks during their appointment. Surgical masks are available if needed.

## Client and Patient Safety

If knowingly exposed to COVID

- Test after 5 days and wear a mask for your session until testing.

If sick, experiencing COVID symptoms,

- Do not come to the studio. Contact the front desk to reschedule your appointment and/or discuss virtual options.

If positive for COVID

- Must wait at least 10 days after positive test or symptoms and have significantly improving symptoms to return to studio in person.
- Consider masking until day 14 if approved to return in person

For all sessions and group classes

- Wash hands before and after each scheduled appointment.
- Socks or sticky socks are highly suggested.
- Proper airflow and air purifiers consistently running.

## Vaccination for Covid

As of October, 1st, vaccination is not required for in person Pilates or Physical Therapy sessions. It is highly recommended to stay up to date on covid boosters as they are available.

## COVID-19 cancellation policy

If you do not adhere to these policies, your session will be changed to a virtual session or cancelled and charged the full session rate. Sessions can be cancelled or rescheduled with no charge up to 24 hours before the scheduled session. Any sessions cancelled or rescheduled within 24 hours will be charged in full. All group classes require advanced registration- no walk-ins.