

ROOTS 2 RISE

RECLAIM WHAT'S YOURS POLICIES & PROCEDURES

***NOTE: Policies & Procedures may change as the state of stages of COVID change**

As of September 22nd, proof of vaccination and ID are required for treatment.
Please visit <https://covid19.ontariohealth.ca/> to obtain a copy.

PRIOR TO YOUR APPOINTMENT

A pre-screening questionnaire will be sent to you via email the day of your appointment to sign and return.

Please email us ASAP at info@roots2rise.ca if your health changes, even if you are not sure. Please do not come to the studio.

DAY OF YOUR APPOINTMENT

- Clients will be spaced to allow for proper cleaning so there will be no risk of coming in to contact with anyone other than your R2R specialist.
- All entry doors and bathrooms will be wiped down and cleaned after each appointment as well as prior to the next appointment.
- Masks will be required upon entry and departure. If not in use while training, we ask that you keep your mask in a pouch or Ziplock.
- All clients will be required to wear a mask for the duration of their FST appointment. Breaks will be allotted when needed. If you are unable to wear a mask, please speak with a member of R2R. For all personal training or movement sessions masks will not be mandatory.
- Masks will be available for clients that do not have one.
- We will have crates for you to keep your belongings in.
- Hand sanitizer will be widely available for all clients and staff.
- All beds and equipment will be wiped down and disinfected before and after use.
- All fabric items (pillow cases, head covering, towels) will be a single use and washed at the end of each day. Should you wish to bring your own with you please speak with a member of the R2R team.
- Specialists will wear masks and/or shields during all appointments.

As fascial stretch specialists, it is impossible for us to maintain physical distancing and remain contactless.

For all movement and personal training sessions, physical contact will be limited and only used when the safety and form of the client is of concern and both parties are in agreement.

We are a small boutique studio by appointment only so it will be easy for us to control who enters, maintain quick communication and follow protocol for contact tracing.

WE ARE ALL IN THIS TOGETHER AND WE KINDLY ASK THAT THAT IF YOU:

Are sick, stay home.

Are experiencing symptoms prior to your appointment please call or email to cancel.

Have symptoms, think you were exposed to COVID-19, or travelled outside of Ontario within the last 14 days, cancel your appointment and reassess with the self-questionnaire.

Continue to monitor your health and stay proactive with safety measures and protocols.

ROOTS 2 RISE

RECLAIM WHAT'S YOURS POLICIES & PROCEDURES

Do you have a fever?

Yes No

Did you or someone you are in close contact with travel outside of Ontario or Canada in the past 14 days?

Yes No

Have you tested positive for COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?

Yes No

Do you have any of the following symptoms?

- Fever
- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty swallowing
- Decrease of loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue/malaise/muscle aches (myalgias)
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose or nasal congestion without other known cause

Yes No

If yes, describe:

If you have answered "yes" to any questions or have checked off signs or symptoms, please email us ASAP at info@roots2rise.ca and we will change your appointment. Please do not come to the studio. If you have answered "No" to all questions, you may proceed with your appointment.