

Inner Guidance Healing Arts Studio & Gallery

COVID-19 Policies and Procedures

Our commitment is to your health and safety and the safety of our community. The following is an agreement between Inner Guidance Healing Arts Studio & Gallery and our guests in maintaining safety and health for all. **Please read all the information below.** These terms are non-negotiable and required by the state of [Washington](#). If any of these practices cause unnecessary stress, it is recommend waiting to participate in sessions, classes or other activities at Inner Guidance Healing Arts Studio & Gallery until the conditions and regulations change to a level with which you're comfortable.

COVID-19 HEALTH INFORMATION AND ADDITIONAL PRECAUTIONS

Please be advised that if you answer YES to any of the below questions, your appointment will be rescheduled. The decision to reschedule or cancel your appointment will be made at the discretion of Inner Guidance Healing Arts Studio & Gallery.

If you are booking an appointment more than 3 days in advance, please note these questions and check in with yourself 2-3 days before our appointment. If you answer YES at that time, please contact Inner Guidance Healing Arts Studio & Gallery to reschedule. This is a precaution to protect our health as well as yours.

1. Have you had a fever in the last 24 hours of 100° or above?
2. Do you now, or have you recently had, any respiratory or flu symptoms, sore throat, or shortness of breath?
3. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms?

COVID-19 CANCELLATION POLICY

A 24 hour cancellation policy is appreciated however, it is understood that under the ongoing uncertainty of COVID-19, greater flexibility will be offered. Please give us as much notice as possible so available times slots may be offered to others. If you need to reschedule, please email or bjarts@gmail.com or call 206-375-8529 to make last minute cancellations.

If you are ill: Please cancel your appointment as soon as possible if you feel ill in any way.

Tardiness: Please be on time to your appointment. This allows the studio to adhere to safety and sanitation measures before and after each client.

COVID-19 PROCEDURES AND AGREEMENTS

By doing business with and entering the establishment of Inner Guidance Healing Arts Studio & Gallery for appointments, classes, workshops and all other events, you agree to the following terms:

1. I have read and agreed to the terms.
2. I agree to wear a mask upon entry to Inner Guidance Healing Arts Studio & Gallery and wear it during the session. Please bring your own, if possible. Paper masks and splatter guards on hand if you don't have one.
3. I agree before and during all in-person appointments to sanitize my hands when I enter Inner Guidance Healing Arts Studio & Gallery as needed during my session.
4. I will use proper social distancing during my time at Inner Guidance Healing Arts Studio & Gallery, staying 6 feet away from others.

COVID-19 Checklist

Due to so many unknowns and the infectious nature of COVID-19, this checklist includes items that have been suggested and recommended by Governor Inslee, WDOH and the CDC. This list is provided so that you are aware that these cleaning, disinfection, and sterilization tasks have been done prior to your arrival at Inner Guidance Healing Arts Studio & Gallery, after you leave, in-between clients, and at closing. Please be advised that surfaces are being sterilized with a bleach and water solution.

Preventative measures taken by Inner Guidance Healing Arts Studio & Gallery:

1. **Masks:** Are now **required** to be worn at all times. During classes, face shields may also be in use, as needed.
2. **All surfaces:** Surfaces in the common areas of the building are being wiped down and sanitized after each session is completed.
 - The room will be disinfected and aired out after each client.

Cleaning, Disinfecting and Sanitation Checklist:

1. Our hands - washed and sanitized prior to your arrival
2. Miscellaneous items and debris dropped on the floor
3. Door handle/doorknob
4. Light switches on the wall
5. Trashcan
6. Tabletop surfaces
7. Chairs
8. Ipad
9. Cell phone
10. All items touched (including sanitation bottles, tissue box etc.)
11. Therapy table, bolsters, and headrests
12. Garbage will be emptied after every client
13. All used laundry will be placed in a sealed container after use
14. Walls and broader surfaces will be cleaned at the end of every day.

What a session will now look like:

1. Hand washing: You must wash or sanitize your hands prior to any session.
2. Wearing masks: You must arrive with a mask, or a disposable one will be provided for you and you must wear it during your session.
3. Payments: Will be made in advance of appointments when schedule online. Payments by cash and other modalities can be accepted at the time of visit via IPAD that will be sanitized before and after every use.
4. Hugs and friendly contact: Hugs are always appreciated, but for now, social distancing protocols will be respected.

What a Class/Workshop will now look like:

1. Classes & workshops may be held off site until the State of Washington deems it safe to gather in larger groups indoors.
2. Masks will be worn during these events and will remain 6ft apart. Splatter guards are available for extra precaution to those who wish.
3. Participants will bring their own tools and instruments to use if the class/workshop calls for such.
4. If you should become ill during a class/workshop, you must leave the class and will be credited for a future date.