

Eliot Street Pilates' (ESP) Policy RE: COVID-19

- If you test positive for COVID-19, please inform ESP as soon as possible. The studio will keep your information confidential.
- Once infected with COVID-19, please refrain from coming into the studio until you have been asymptomatic for 14 days.
- If you are exposed to COVID-19, ESP also asks that you refrain from coming into the studio for at least 14 days. According to the CDC "exposed" is being within six feet of an infected person for a period of 15 minutes or more.
- If you discover that you've been exposed but test negative via a PCR test, you are cleared to return to the studio for your lessons. We currently accept PCR test results for those exposed as opposed to the rapid test due to higher accuracy rates.

ESP will update as needed the above policy in line with the CDC recommendations and guidelines.

By signing this form, you acknowledge that you are aware of and understand ESP's policy re: COVID-19 infection/exposure.

Name: _____

Signature: _____

Date: _____