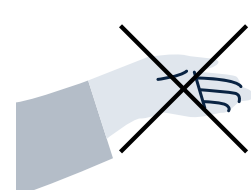


COVID-19

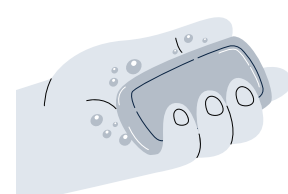


Safety Measures

What Realign First Promises...



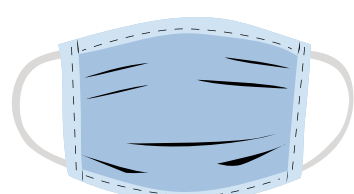
We will **limit contact** during our session whenever possible.



I will **wash my hands** thoroughly between sessions and use hand sanitizer during sessions when appropriate.



I will **Sanitize** high-contact surfaces for every session.



I will wear a **face mask**.



I will **increase ventilation** by opening windows, operating fans and HEPA air-purifiers.

What I Ask You To Do...

Upon Arrival :

- Place all your personal belongings on hangers or in the basket provided.
- Wash your hands

During your stay :

- Hand sanitizers are available on site to be used anytime.
- Face mask during a session is not mandatory, but highly recommended.
- Please limit the surfaces you touch in the facility
- Re-wash your hands whenever appropriate



Any person with COVID like symptoms or any other symptoms of illness should not enter Realign First.

Sanitization*

(between every session)

- High-contact surfaces/areas
- Washroom/toilet
- Exercise equipment
- Floor mats/table
- Baskets and hangers
- Anywhere else noticeably touched by the previous visitor



Ongoing Expectations...

- I ask all clients as well as any visitors to this premise to bring their own face mask.
- All sessions can be replaced by online/ virtual sessions.
- Scheduled sessions still should be cancelled at least 24h in advanced to avoid a cancellation fee.
- However, if you need to cancel due to a sudden change in the health status of you or your family member, or if a person in your household must quarantine for 14 days, I will wave the cancellation fee.
- Please do not come in for a session if you or your family is experiencing any COVID like symptoms, or any other flu-like illness.



If there is any concern, or if you require additional consideration, please contact me directly. I am happy to make modifications to make you comfortable.