



Chesapeake Pilates Center

COVID19 RE-OPENING PROPOSAL

May 31, 2020

Submitted by Stefanie O'Rourke, Owner
StefPilates@gmail.com
443-336-6925

Stefanie O'Rourke Pilates, LLC, est 2005
Nationally Certified Pilates Instructor #15492
NAIS #812990 (Personal Services)

*City of Annapolis Planning and Zoning: Personal Fitness Studio (under 2,000 sq Ft)

Chesapeake Pilates Center is a small, women owned business that provides movement therapy to individuals and small groups of up to 4 in a boutique studio setting. Located in the City of Annapolis at 108 Old Solomons Island Road in Arundel Plaza, the 1,160 square foot storefront space is owned by Stefanie and her husband Peter. The studio is a full open space with 12 feet high industrial ceilings and 2 rafter hung oscillating fans allowing good air circulation and ventilation. The front door has always stayed locked because clients are seen by appointment only and we don't allow walk-ins. There is 1 large, ADA single bathroom. The only service provided is Pilates.

PHASE 1

ONLY 1 CLIENT and 1 INSTRUCTOR

- Virtual services will continue
- Open only instructors and clients who are comfortable with entering the studio, healthy and symptom free
- Each CPC Instructor will be allotted a block of time to see their clients. 1 CPC will teach 1 single participant. No one else will be in the studio.
- The instructor will be responsible for screening the clients health upon entry and disinfecting between clients.
- Instructors and clients will wear masks/face screens, gloves and keep 6 feet of distancing when appropriate and necessary.
- Clients will wear clean, laundered sticky socks.
- Instructors will wear studio shoes.
- No paper will change hands, including cards.
- We will have sticky socks, masks, and disposable gloves in stock.
- Each client will have their individual box of supplies and props which stays in the studio. This includes foot straps, vinyl handles if preferred over wood, hand gel, wipes, a spray bottle filled with soap and water, and any other small props needed for their repertoire.

Entering and Exiting the Studio

- A sign will be posted on the door advising customers to not enter the studio if they are sick or symptomatic.
- Client will enter the front door 5 minutes prior to their appointed time from the parking lot with minimal belongings
- Upon entering, they will use the hand gel from the wall dispenser to the left of the front door.
- They will place their keys in the assigned cubby (there are 12 total) and collect their personal box of props and cleaning products.

- They will then go directly to a designated training station, unless they need to use the bathroom.
- Once their 50 minute session is over, they will use their personal spray bottle of soap and water to clean what ever they have touched during their session, collect their belongings, put their personal studio box into their cubby, use the hand gel and leave.

Mapping out the Floor (see diagram)

We will have 3 separate stations in the large main area of the studio. Each station will have 1 reformer and 1 chair. These will be set 6 feet apart. We will have a 4th station with a reformer, baby chair and tower unit set in the 20' by 14' back area on the other side of the bathroom. The cadillac will stay homed on the right in front of the open storage area.

Social Distancing

- Appointments will be 55 minutes with no less than 20 minutes between clients.
- Our door always stays locked, and there are never walk-ins.
- There will be no money exchanged in the studio. All administrative work will be done virtually.
- The waiting/lounge area will be closed off.
- Appointments will rotate the 4 stations: client 1 will use station 1, Client 2 will use station 2, client 3 will use station 3 and client 4 will use station 4 (see floor plan)
- Instructor will instruct and verbally cue from a 6 foot distance as much as possible. If spotting is necessary for safety, instructor will refrain from physical contact unless absolutely necessary. Instructor will wear a mask during spotting.

Cleaning and Disinfecting

Apply wearing disposable gloves with EPA/CDC Covid 19 approved products

Between client sessions:

- Entryway: Both sides of the front door and cubby will be wiped with disinfectant wipes.
- Main Studio: Wood floors will be cleaned with swiffer wipes
- Equipment: All surfaces and parts touched will be disinfected.
- Bathroom: If the bathroom is used, disinfect anything used, including the doorknob, and spray disinfectant.
- Sanitization stations stocked with hand sanitizers and disinfecting wipes will be strategically placed throughout the studio for easy access by the clients and instructors.

Other preparations:

- Leather straps will be covered with vinyl for easier disinfecting
- Owner Stefanie replaced the drop ceilings and insulation in the bathroom and 20' by 14' back area while studio was closed
- Owner, Stefanie, was tested for Covid antibodies on May 22 and results are negative (had symptoms in February 2020)

Screening and Prevention

Anyone entering the studio, or those living with, must be symptom free now and 14 days prior - no fever, cough, or shortness of breath.

-waiver? thermometer?

***Annapolis Municipal Code of Ordinances Division III - BASE DISTRICT REGULATIONS; Planning and Zoning; chapter 21.72**

"Personal fitness studio" means an establishment, as distinguished from a health club, that specializes in small group and individual physical training, exercise, or health and wellness counseling led by an instructor. The total floor area of the establishment devoted to exercise space shall not exceed two thousand square feet. The term "personal fitness studio" includes, but is not limited to, aerobics, boxing or martial arts, step, yoga, pilates, strength training, self-defense, and nutrition and weight control classes. Hours of operation are between 6:00 a.m. and 10:00 p.m.



Chesapeake Pilates Center

FLOOR PLAN PHASE 1

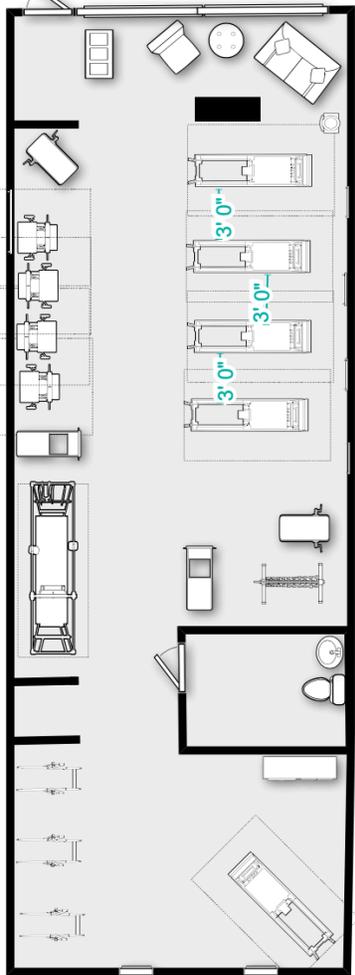


Only 1 instructor and 1 client in entire studio.

Studio is 20 feet x 58 feet

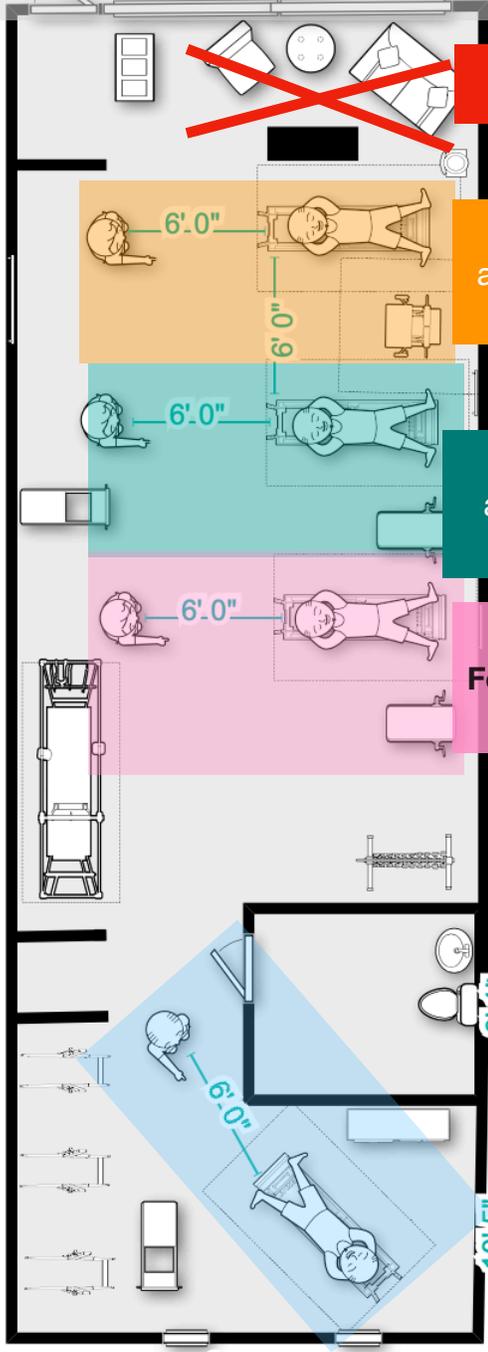
Waiting lounge closed

PRE-COVID



58'2"

14'1"



20'1"

Station 1 for appointment 1
9:00

Station 2 for appointment 2
10:15

Station 3
For appointment 3
11:30

Station 4
For appointment 4
2:00

Stations 1 to 4 allow 6 feet distancing between client and instructor

SAMPLE SCHEDULE	
9:00-9:50	Client 1
10:15-11:05	Client 2
11:30-12:20	Client 3
Break	
2:00-2:50	Client 4