

My name is Erin Paulsen. I own Radiant Yoga Ukiah. I am a heated yoga and pilates studio serving our Ukiah community health and wellness needs. Essential if you ask me.

*I have an air purifier in the yoga room as well as an exhaust system which is used after every class to air out the space.

*I have the carpet sanitized weekly. The carpet I have is an anti microbial water proof backed carpet to begin with.

*I sanitize all surfaces, door handles, light switches, etc. before and after each class.

*Students must bring their own mats, blocks, straps, etc.

*We wash all towels in high heat with virus killing sanitizer. The cleaning supplies we use kill 99% of germs. We also use Thieves oil to kill viruses. *We will wear masks, we will keep people 6 ft away from each other in the yoga room and have smaller class sizes.

*We are a heated and humidified yoga and pilates studio, as you know, heat and humidity are bad for viruses.

*I've talked with several doctors on the issue of how the virus is spread. It is much safer to be in a heated and humidified room is what I am told. *Droplets can not live in the air in a heated space and/or are killed much faster.

*I will take any and every precaution necessary to ensure everyone is safe.

*No one will be allowed to enter the building if they are sick

*Studio is thoroughly cleaned each night after the close of business.

Please let me know if I forgot anything or am missing anything. I will do everything in my power to keep my business clean and safe.

What I do not understand is that the closures were meant to get hospitals ready. They are now ready but nobody is in them like it was predicted here in California. No community spread here in Mendocino and no deaths-for over 1 month now. Our businesses are slowly dying, with very little help from our government, we can not survive like this. We are all out at the grocery stores, Walmarts, Home Depots, etc. and still nothing has happened here. We must be allowed to do business at some point.

Thank you,

Erin Paulsen

Radiant Yoga Ukiah

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This was forwarded to me. Very thorough and I will be following this as well.

Exercise Studio (Crossfit and similar) / Could be Adopted for Yoga etc.

- hand washing upon entrance
- increased hand sanitizer and hand washing stations on premises
- signage for compliance and education
- no sick, or recovering members with illness allowed
- increased working space for classes as well as transition times
- enhanced disinfectant requirements for equipment handling by staff and participants
- end of day floor and equipment cleaning/ some increased professional cleaning contracts
- observance of all public health recommendations regarding physical distancing
- decrease in class size
- minimal equipment use or body weight workouts only
- classes held outdoors as weather permitted
- requiring immunocompromised members to stay at home
- providing “at home” workouts and virtual support

Thank you,

Erin Paulsen

Radiant Yoga Ukiah