Perspective on Safe Re-Opening
Industry: Health and Wellness
Focus: Yoga Studio

Downtown Yoga Shala (since 2009)
Veronica Cruz, Owner

6/8/2020
Current State of Business

❖ Closed physical location as of 5/15/2020
  ➢ Opted to terminate lease due to inability to pay rent
  ➢ All classes conducted on a VIRTUAL platform
  ➢ Intending to re-open at a new location in 2021
❖ Present Challenges
  ➢ Membership dwindling over time
  ➢ Members have long been requesting classes outdoors
  ➢ Clarity on use of public spaces designated for gatherings in downtown San Jose (i.e., Parque de Los Pobladores in SoFA)
Vision for Re-Opening Business

❖ Use of Parque de los Pobladores and/or Cesar Chavez Park to:
  ➢ Conduct outdoor classes 3x/week to support virtual class offerings and address social needs of our community
  ➢ Allow a physical presence that is safe, easy to keep social distance and avoid physical contact, thus lowering risk of COVID transmission
  ➢ Ensure no points of ingress or egress (without areas to congregate in close quarters - such as bathrooms, changing rooms, cubbies, water fountains)
Our Commitment for Re-Opening

❖ Adhere to ALL county and city guidelines
❖ Promote these guidelines clearly to our community
❖ Monitor compliance for every person attending/teaching class
❖ Provide hand sanitizers and offer to each attendee before class
❖ Require advance reservation and cap attendance
❖ Manage mat distancing and place assignment
❖ Ensure everyone brings their own masks and mats
❖ Adhere to guidelines also before and after class while in the vicinity of the park
Suggestions and Recommendations

On the Use of Outdoor Public Park Locations in Downtown SJ

❖ Allow use by downtown businesses without complicated permit process

❖ Create a centralized reservation system/process to facilitate good coordination between groups wanting to use the space

❖ Prioritize use by downtown businesses displaced by COVID (i.e., gyms, studios)

❖ Offer 1-2 hour blocks of time to reserve location on a monthly basis

❖ Provide list of available authorized locations downtown

❖ Install hand sanitizer stations in public parks and spaces

❖ Designate contact person for administering reservation of the space

❖ Provide distribution list of all the downtown businesses who use the park as a communication tool
Looking Ahead to 2021 Re-Opening

SPARQ Building

#5 REED Street
SJ, CA 95113
Thank You

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QUESTIONNAIRE RELATING TO THE ECONOMIC RECOVERY PHASES OF COVID-19 AND PLANS, GUIDELINES, AND NEEDS RELATIVE TO THE SAFE OPENING OF BUSINESSES AND OTHER INSTITUTIONS

Company/Organization Name: Downtown Yoga Shala
Industry/Sector: Health and Fitness, Wellness
Date: 6/03/2020

1. Are you open or partially open? NO
   a. Are you an essential business? NO
   b. Are you open under an exception such as: YES
      i. Outdoor Business?
      ii. Pickup/Delivery?
      iii. Curbside Retail?
      iv. Food Distribution?
   c. Have employees and customers cooperated with the health safety protocols? YES
   d. To your knowledge, have employees or customers become infected with COVID-19? NO

2. How many of your activities can be moved outdoors? None, waiting for guidance

3. For indoor activities:
   a. How can social distancing be maintained at points of ingress and egress, where people normally cluster?
      wear masks, enter one at a time with 6 ft distance, reserve spot in advance, cap at the max capacity as space allows (guidelines)
   b. How can employees and visitors be protected from transmission of the virus (e.g., no-touch temperature checks, hand sanitizer, masks, and face shields)?

   All the above
c. How will Personal Protective Equipment (such as face covering and gloves) and hand sanitizer be provided before entry?

Customers must have/use their own.

d. Can the times of activities be staggered to reduce the amount of people gathered at any one time?

YES

e. Can customers make appointments to gain entry while inside capacity is restricted?

YES

f. How can social distancing be maintained inside your premises?

Very challenging, not guaranteed. Almost impossible really

4. What is your plan to acquire and distribute Personal Protective Equipment (like masks and gloves) and testing to your employees?

None at the moment. No resources for that.

5. How can you adapt to accommodate different size gatherings that may be allowed by the Public Health officer? (Smaller gatherings are likely to be allowed before very large ones.)

For a small studio, this will be very challenging.

6. To meet the need for possible contact tracing, how would you maintain lists of employees and visitors with their contact information for contact tracing? (It is understood that lists of attendees would only be provided in the event of an infection that needed to be traced, and then only to public health personnel trained in medical confidentiality.)

Attendance records
7. In order to assist safe and productive re-opening, what are your needs relative to:
   a. Regulation? Allow us to use public spaces safely, with oversight on usage to reserve the public space.
   
   b. Licensure? NA
   
   c. Childcare? NA
   
   d. Housing? NA
   
   e. Digital Inclusion? NA
   
   f. Commute-Free Working? NA

8. If you have been opened or partially opened, what challenges have you experienced?

   We would like to organize outdoor classes at the Parqe Pobladores in the SoFA but there are no reservation systems.

9. If you have been opened or partially opened, how has the community’s adherence and response to the COVID health safety protocols been?

   Very good