

Pulse Spring 2022 COVID policies and guidelines

Effective March 21, 2022

MASKS

- As of March 21, 2022 masks are optional at Berkshire Pulse. We will continue to monitor the recommendations of Berkshire County Schools, local health commissions, and the Center for Disease Control regarding mask policies.

VACCINES

- All adult students (age 18+) and staff are required to be vaccinated against COVID-19 in order to participate in classes. Please show proof of full vaccination to the front desk staff, or email a photo of your vaccination record to berkshire.pulse@gmail.com

DISTANCING

- Students and instructors should maintain 3 feet of social distance in classes, whenever possible.

WHEN AM I CLEARED TO COME TO CLASS?

- No one should ever come to Pulse studios in-person if they are displaying any cold, flu, or COVID symptoms (e.g. fever, cough, runny nose, sore throat, etc.)
- Students are cleared to come to class as long as they are not showing symptoms and have not tested positive for COVID-19. Anyone who tests positive should notify Pulse staff immediately and quarantine for 5 days. If at that time you are still showing symptoms, you should stay home another 5 days. Students are cleared to return once they have stopped showing symptoms.

WILL I BE NOTIFIED OF CONTACT WITH A COVID-POSITIVE PERSON?

- Anyone who has shared space at Pulse with a COVID-positive person, within 48 hours of a positive test, will be notified by Pulse staff.
- Berkshire Pulse will keep all personal medical information strictly confidential, and all reporting will remain anonymous.