



# Btpilates student health and safety policy for 2022

Sunday, 9th January 2022

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## Btpilates is a training institute...

**BTPLATES IS A TRAINING INSTITUTE that teaches wellness through movement & exercise. As such we comply with the requirements of:-**

- The Health and Safety at Work Act 2015  
<https://www.legislation.govt.nz/act/public/2015/0070/latest/DLM5976660.html>
- The COVID-19 Public Health Response (Protection Framework) Order 2021  
<https://www.legislation.govt.nz/regulation/public/2021/0386/latest/LMS563461.html>

## In accordance with the COVID-19 Public Health Response Order, Btpilates operates on a non-vaccine passport basis...

Under the order, we may request to police your vaccine passport status but under current regulations (November 2021) do not have to, and in fact, choose not to for the time being<sup>1,2</sup>. This means (a) you do not have to show a vaccine passport for attending mat classes, and (b) during red times, we will continue to teach via emails, live and recorded online mat classes and other internet published instructional material<sup>3</sup>.

## As per our duty under the Health and Safety at Work Act 2015, Btpilates identifies risks to students and staff and advises how to reduce those risks

The following comments are of an educational nature, merely. They are made by a retired veterinarian with 25 years of epidemiological and clinical experience and 45 years of experience in assessing statistical and clinical reports and research reviews. We are happy to provide references and links for any comments that we make.

## Section 1. Vaccinations, even if they were to be done on a monthly basis, can no longer be relied upon to reduce the spread of infection

Just as over-use of antibiotics creates antibiotic-resistant bacteria, over-use of vaccinations produces vaccine-resistant COVID strains. With Omicron this has now happened such that vaccinations are now minimally effective in reducing infection and spread<sup>4</sup>. This means that freedom of movement of vaccinated persons (as permitted by vaccine passports and the Covid protection framework) will now permit the rapid spread of Covid infection and you must take

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<sup>1</sup> Current Covid vaccines have not had the historical norm of 8-10 years of assessment for long term vaccine injury, are currently designated by NZ Medsafe as "Licensed, provisional", and are therefore by any reasonable assessment, experimental. To coerce or pressure our students into submitting to an experimental medical procedure would put us in breach of the Nuremberg Code and the New Zealand Bill of Rights. Additionally, Covid vaccinations can and do cause what used to be regarded as unacceptably high levels of vaccine injury and death, and the young and/or healthy, are at low risk of severe illness from a Covid infection. On this basis, if we were to enforce a vaccine passport policy, we would consider ourselves to be in breach of the Health and Safety Act 2015. See:

[https://en.wikipedia.org/wiki/Nuremberg\\_Code](https://en.wikipedia.org/wiki/Nuremberg_Code)

<https://www.legislation.govt.nz/act/public/1990/0109/latest/DLM224792.html>

<https://openvaers.com/covid-data/hospitalizations>

<https://www.btpilates.co.nz/pdf/covid/UK-vaccine-week-51-omicron.pdf>

<https://www.acsh.org/news/2020/11/18/covid-infection-fatality-rates-sex-and-age-15163>

<sup>2</sup> <https://www.btpilates.co.nz/pdf/covid/tertiary-education-red.pdf>

<https://www.btpilates.co.nz/pdf/covid/tertiary-education-orange.pdf>

<sup>4</sup> 4a <https://www.btpilates.co.nz/pdf/covid/UK-vaccine-week-51-omicron.pdf>

4b <https://stevekirsch.substack.com/p/new-study-shows-vaccines-must-be>

4c <https://www.kmvt.com/2021/12/14/pfizer-jabs-protect-70-against-hospitalization-omicron/>

this into account when managing your personal risks and the risk of those you come into contact with. Fortunately, Omicron creates a milder illness<sup>4,5</sup>, and reliable statistics show that previous COVID strains were not devastating to young and/or healthy people<sup>6</sup>. Also, for the majority of people, additional personal wellness strategies (outlined below) can massively reduce susceptibility to Covid and other respiratory infections, such that – except for the very old or severely ill - Covid Omicron can potentially be no worse than a moderately severe cold.

## Section 2. Personal wellness strategies that reduce your COVID susceptibility.

Btpilates does not provide individualised health advice. We can however provide fully referenced educational material upon request. Here is a summary of what you can do to reduce your COVID risk:-

1. Use the government provided 4 or 6-monthly vaccinations if your own risk profile warrants it.
2. Use medical advice where appropriate
3. Get a blood test for vitamin D and boost your levels to the top end of the laboratory's quoted range. Most people have low levels of vitamin D and find that they need to sensibly sunbathe, and take 5,000 units Vitamin D per day, with Magnesium and Vitamin K2 to help it work better. If you need a rapid boost, you can safely take
4. Start a program of dieting and/or intermittent fasting to improve your overall health and resilience to Covid infection. This is fine for all but a small minority of the population. Michael Mosely's book "The Fast 800" offers sound and easy advice about this.
5. Avoid packaged and processed foods, especially those that contain refined sugars and seed oils (olive and coconut oils and the oils found in fatty fish and nuts are better for your health) and at the same time, boost your intake of greens and coloured vegetables.
6. Start early at-home treatment at the first signs of a respiratory infection. Early home treatment comprises use a combination of vitamins, minerals, herbs and (if permitted), repurposed drugs. Ideally, such treatment would be under medical supervision include clinically proven repurposed drugs, but it still can be effective without medical supervision and repurposed drugs.  
See: <https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>
7. Adopt a daily exercise program that is comfortable for you and make it a habit.
8. Adopt a mindfulness and meditation program that is comfortable for you and make it a habit. At btpilates, we recommend the following online program:  
<https://www.guptaprogram.com/>
9. Reduce the health risks that go with social isolation and anxiety by meeting regularly with friends family and church groups or clubs.
10. Above all show patience and lovingkindness to all.

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<sup>5</sup> Omicron Is Milder Than Delta But Nothing to Sneeze At

<https://www.voanews.com/a/omicron-is-milder-than-delta-but-nothing-to-sneeze-at/6384945.html>

<sup>6</sup> American Council on Science & Health: <https://www.acsh.org/news/2020/11/18/covid-infection-fatality-rates-sex-and-age-15163>

## Section 3. Reduce your risk of spreading the infection to vulnerable persons:-

You need to understand that the vaccination passport system (Covid protection framework, or “CPF”) provides little to no protection against infection with, and spreading of, the Covid-Omicron virus. It merely provides a sense of false security. If you are worried about passing the infection on to others such as the elderly or immune-compromised, you should (in addition to choosing to vaccinate if that is your choice) take on extra precautions:-

1. Since planes buses and trains are proven to be spreader environments, don't fly or use public transport in order to visit elderly relatives – drive there instead.
2. Don't attend mega-spreader events such as large sports and entertainment events prior to a visit to an elderly relative.
3. Sit with your relative in an outdoor environment at a physical distance of 2 meters.
4. If you have to be indoors then use essential oil diffusers, to put Eucalyptus oil into the air (we use these at the studio).
5. Use mouthwashes (Listerine or 1% PVP Iodine) and nasal spray (herbal or 0.6 to 1% PVP-Iodine), to minimise your risk of spreading infectious particles (CAUTION: do not exceed 1% concentration)<sup>7,8</sup>.
6. Encourage your relative (and yourself) to use the health strategies listed above under “Reduce your risk of serious illness”.
7. Use PCR and rapid antigen testing to help you decide if it is safe to visit.
8. Postpone visits until after Covid has been through the community (Omicron can and likely will spread rapidly under the myVaccine passports environment, and could be over in as little as 3 weeks).

## Section 4. For your protection against infection in the studio, we will:

1. Request a strict “contactless “policy, with a 2-meter separation between mats (5-7 students per session).
2. Sanitize the air with eucalyptus or oregano and bergamot essential oils delivered by a vaporizer.
3. Sanitize mats and equipment between mat classes with a vinegar and borax solution.
4. Require strict non-attendance if you have a cough or snuffle - please cancel, and we will hold your session over until you have a COVID free status.

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<sup>7</sup> Povidone Iodine (PVP-I) Oro-Nasal Spray: An Effective Shield for COVID-19 Protection for Health Care Workers  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8026810/>

<sup>8</sup> I-MASK+ Prevention & Early Outpatient Treatment Protocol for COVID-19  
<https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>