

**** INDOOR DOJO CLASSES ****

COVID19 Safety and Health Protocols

- Classes held in the Dojo will allow for 9 students.
- An email reservation system for group classes is in place to pre-screen and symptom check students.
- Classes and appointments will have staggered start times to allow for extra time for cleaning.
- Only students and instructors are allowed inside the Dojo to reduce the risk of exposure.
- We ask all parents and caregivers to wait outside of the studio until time to pick up your child.
- There is no food to be brought into the studio unless attending an extended camp or workshop. For camps and workshops, we will allow children to bring in their own snacks and lunches. We encourage families to send students with snacks wrapped in disposable packaging so it may be thrown away after consumption.
- All students must bring a water bottle to class.
- The water fountain will be closed.
- There will be no uniform or sock borrowing. Students must have their own uniform or clothing appropriate for class.
- Students without socks will not be permitted on the mat.
- Restroom is available for 1 student at a time.
- The Dojo is marked with proper social distance guidelines.
- Teachers and Dojo Staff will wear masks while in the studio.
- All students are required to wear a mask while in the Dojo.
- Water breaks and breathing breaks will be taken throughout class. Students may pull their mask down briefly to drink water or get some air if they are socially distanced.
- All students will place their shoes and personal belongings in individual cubbies.
- All persons must sanitize their hands upon entering the Dojo.
- All teachers and students must sanitize hands upon entering and exiting the Dojo.
- Any persons exhibiting signs of illness, i.e. runny nose, cough, fatigue will be asked to go home.

- Training tools will be modified to only allow for those that may be disinfected between classes.
- We will be strictly enforcing these rules. If for any reason someone refuses to abide by these rules, they will be asked to leave the Dojo. No refunds will be offered.
- If a class is missed, we will allow scheduled makeups.

Cleaning Protocols

- The Dojo will be cleaned between each class. Surfaces will be wiped down with a disinfecting solution.
- The Dojo mat will be cleaned with a medical grade disinfectant solution between each class.
 - Doorknobs will be wiped down after each class.
- Training tools that were touched in class will be cleaned before the next class.
 - Bathroom is cleaned each night with a germ disinfectant solution.
- Bathroom frequently touched surfaces are spot cleaned throughout the day.
 - All mats were deep cleaned during the shutdown.
 - Floors will be mopped daily with disinfectant.
- High traffic surfaces will be sprayed and wiped down throughout the day.
 - The Dojo is cleaned thoroughly every evening.

Class Reservation Procedures

Following CDC regulations, we will be implementing a reservation system for all indoor classes at the Dojo space. If you would like to reserve your space for a class, please follow these steps:

1. Email the Dojo at office@studiocitymartialarts.com 24 hours in advance.
2. List the **class date and time** you would like to request a reservation for.
3. In the email, please provide answers to the following pre-screening questions:
 - a. **Have you, your child, or anyone in your household exhibited any symptoms associated with COVID-19?**
 - COVID-19 Symptoms include:

- Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea

b. Have you or any member of your household had contact with anyone who has tested positive for COVID or exhibited symptoms associated with COVID-19?

- Reservations are on a first come, first serve basis.
- To ensure your reservation, please remember to provide answers to the pre-screening questions. If you do not answer the questions, the office will need to email you back to get the responses, causing a delay in your reservation.
- Last minute reservations cannot always be accommodated. Please help us stay on top of this and email 24 hours in advance.

Drop Off and Pick Up Procedures

- Students can utilize the back-alley entrance for drop off 5 minutes prior to class start. Please stay in your vehicle as vehicles in front of you unload students.
- Students cannot be dropped off more than 5 minutes prior to class start.
- Students must be picked up on time at class end.
- Students will be given hand sanitizer, upon entering the Dojo and directed to a cubby to remove their shoes, place water bottle and other personal items. Students must have socks to participate in class. No exceptions will be made.
- Students will be assigned and directed to a social distance marker on the mat.
- Students will sanitize hands again throughout class.
- Students will sanitize hands after class ends as they exit the Dojo.
- Students can utilize the back-alley entrance for pick up after class as well. Instructors will supervise students going to cars.
- Please be mindful of our neighbors – do not park in neighboring businesses parking spots.

**** OUTDOOR PARK CLASSES ****

COVID19 Safety and Health Protocols

- No reservation required.
- Teachers and Dojo staff will wear masks.
- All students are required to wear masks.
- Training area is marked with proper social distance guidelines using cones.
- All students must bring a water bottle to class.
- Water breaks and breathing breaks will be taken throughout class. Students may pull their mask down briefly to drink water or get some air if they are socially distanced.
- Any persons exhibiting signs of illness, i.e. runny nose, cough, fatigue will be asked to go home.
- Training tools will be modified to only allow for those that may be disinfected between classes.
- Moderate contact with punching bags, kicking shields, and soft swords is available to students.
- We will be strictly enforcing these rules. If for any reason someone refuses to abide by these rules, they will be asked to leave the studio. No refunds will be offered.
- If a class is missed, we will allow scheduled makeups.