

EMPOWER

MARTIAL ARTS

COVID-19 Re-Opening Guidelines – INDOOR CLASSES

These are our current guidelines, in accordance with the Alameda County Public Health Department, effective October 2020. We will follow all of the safety guidelines and requirements set forth by our government officials, including physical distancing, temperature checks, the usage of face coverings, no shared equipment, and contact-free activities. Please be aware that these guidelines are ever changing and will expand or lighten up as the coronavirus situation continues.

This document summarizes the various measures that Empower Martial Arts (EMA) has put in place to help mitigate the spread of COVID-19. The safety of our community is important to us. It is essential that we have a plan to preserve our health and safety until such time as this pandemic has passed.

Social Distancing Policies

- We will limit our indoor class capacity to ensure social distancing requirements are met. This will reduce our current operational capacity to 14 participants per class (students + staff). This number is subject to change, based upon county health guidelines.
- Every student will be given six feet by eight feet (or greater) of space on the mat in which to work out and remain socially distant from other students. Students will be asked to remain on the mat, in their designated space, for the duration of class.
- Our curriculum will be adapted and modified to meet social distancing requirements. There will be no contact activities (no sparring, grappling, close-contact partner work, or pad-work) until we are authorized to do so by county and state health officials.
- Students will be required to reserve their spot for indoor in-person classes, due to the limited capacity of each class.
- We will not allow spectators inside the school. This will allow us to maximize the space available to class participants. The Junior Cubs class (ages 4-6) will be the only exception, and we ask that one (1) parent to accompany their child inside the Dojo, while also maintaining a six-foot distance from any other participants or spectators.
- We will require that all students arrive for class on time, within 5 minutes of class start and end times. One exception to this rule is for new students, who will be given an orientation and tour of our facility before or after their scheduled class time, with no more than two family members/guardians with them.
- Social distancing, safety and health guidelines will be posted prominently throughout the school to communicate our rules and guidelines.

Mask Policies

- To minimize the spread of the coronavirus through the air, as per the requirement of the Alameda County Public Health Order, masks must be worn. This policy is subject to change as new health guidelines are issued by state and county health authorities.
- We ask that every student provide their own mask for personal use.
- Employees of EMA will be provided with masks and/or face shields and will be required to wear them while teaching and interacting with students and families.
- All parents or spectators who come inside the facility are also required to wear a mask.

Check-In Procedures

- Students may check in after the previous class has fully exited, and the dojo mat has been disinfected.
- Student must check in outside the EMA front door before going inside for class. There will be designated spots marked outside the dojo, so that students can line up and maintain six feet of distance. Parents may stand in line with their child while maintaining social distancing. Please wait until you are called upon by and EMA Team Member.

- Students under 18 must be accompanied by one (1) parent upon checking-in for class. Parents must submit a self-assessment and disclosure for the student before the student may be allowed to enter a class. This can be done electronically (before class) or filled-out in person at the check-in area.
- Before entering the Dojo, the student will undergo a verbal self-assessment, stating they have no COVID-19 symptoms and have not been in contact with someone with symptoms within the last 14 days. A no-touch temperature check will be performed. To preserve client privacy during the temperature check, an EMA staff member may ask the student to step out of line, to a more discreet location.
- Hand sanitizer will be provided by the EMA staff for students to use.
- As each student enters the dojo, they will be assigned a cubby and training zone on the mat. Students may keep their shoes, water, gloves (optional; Intermediates and up), and any other small personal belongings in their cubby space. We ask that students keep their belongings as limited as possible. Each student should remain in their designated workout zone for the duration of the class.

Parent/Guardian Pickup and Exit Procedures

- To maintain social distancing guidelines, only students and instructors are allowed inside the dojo. This will remain in effect until further notice.
- When dropping off or picking up your student, you may wait outside the window, at one of the designated markers. Students must be dropped off and picked up on time, within five minutes of the start and end of each class.
- During class, parents and guardians are asked to stay outside or in their cars. There will be marked spots outside the dojo window for viewing class, spaced six feet apart.
- After class, parents may wait in line at one of the marked spots outside the dojo. Students will be dismissed in the order that their parents are waiting in line. Parents may also do curbside pickup for older children.
- For our Junior Cubs classes (ages 4-6), one (1) parent/guardian will be expected to stay for class and stay within an accessible physical range to their child. JC classes will be limited to six students. Parents should follow the same procedures outlined for students and maintain a six-foot distance from all other participants and other parents. Benches will have markers 6 feet apart for maintaining social distancing while observing class. Flip flops rather than shoes are encouraged, but not mandatory, for parents.

Cleaning Procedures

- During the 15-minute intervals between classes, EMA staff will be disinfecting all high-traffic areas including the mats, Front Desk, bathroom, & punching bags or equipment used in the previous class.
- The dojo will be cleaned every evening after indoor classes, by our professional cleaning service.
- Classes held inside the dojo will be well-ventilated, with fans and open doors. Doors will remain open for the duration of all classes, weather and safety permitting.

Personal Hygiene Policies

- All students are asked to wear washed and clean uniforms to each class.
- Hand sanitizer will be available at the check-in area, and students are encouraged to use hand sanitizer upon entry and exit. Students are also encouraged to bring their own hand sanitizer.
- Students should come already dressed for class, in their gis (gi pants & gi top or EMA shirt), with their belts already tied. We ask (not mandatory) that students wear sandals or flip flops.
- Students will be asked to limit their use of the dojo bathroom. The bathroom remains available for use, but it should only be used for essential needs. Students should use the restroom before arriving at the dojo.
- When using the dojo bathroom, please remember to wash hands thoroughly for 20 seconds. Flip flops/sandals must be worn in the bathroom (no bare feet). The bathroom will be disinfected by EMA staff between every class.

Illness Procedures

- Any student or EMA staff member exhibiting symptoms of COVID-19, or with a temperature of 100.4 degrees or higher will not be permitted to participate in classes. A sign will be posted on the front doors and windows of our facility to remind students and families of the symptoms to monitor.
- If anyone comes down with symptoms of illness during class, they will be isolated and asked to leave the training area.
- Any student or employee who tests positive for COVID-19 or who has a household member who tests positive, will be asked to stay home for a period of 14 days from the onset of symptoms. Students and employees are asked to contact EMA to let us know that a member of their household has tested positive so that we can take appropriate measures to minimize the spread of the virus.
- Any student or employee who has been exposed to the virus will be asked to stay home for 14 days from the date of exposure.

In-Person Class Procedures at the Dojo

- Classes held at the dojo will be either 30 or 45 minutes (based on the class type), with 15-minute breaks in between each class for cleaning and maintaining distance between students entering and exiting through the front doors.
- Classes & lesson plans will be modified to focus on technique, memorization of the curriculum, and solo drills. There will be no contact, and no partner work.
- Each student will have their own training zone and possible use of their own individual equipment, which will be disinfected by EMA staff between each class. There will be no shared equipment.

Alternatives to Indoor Classes

- Online group classes and online private lessons through Zoom will remain an option for all members for the foreseeable future. Students may choose to continue using Zoom exclusively, or to supplement in-person classes.
- Students may do online-only classes, outdoor-only classes, indoor-only classes, or a combination.
- All EMA classes (online, indoor, & outdoor) will cover the same curriculum, in a manner modified for that format, so that all students continue progressing toward their next rank at the same speed.

Registering for Indoor Classes

- Before attending your first indoor class, each student or parent/guardian must sign a consent form stating that you understand and accept the risks pertaining to COVID-19 that come with participating in a martial arts class. Students will not be able to participate in indoor classes until this consent form is signed. This form will be available electronically, so it can be completed before arriving at class. They will also be provided upon check-in.
- To maintain social distancing, classes held in-person at the dojo and at the park will have capacity limits. To effectively manage the size of our classes, students must pre-register for each class they will attend. Students can register for class using the EMA app (Studio Code = EMADUB). Additional instructions will be sent out with detailed steps for registering.
- When registering for class, please be aware and respectful of capacity limits. If you register for a class, make sure that you can attend. If you are unable to attend, please cancel your registration so that others may join. If you are a no-show for a registered class on more than one occasion, you may be suspended from in-person classes.