



COVID-19 Re-Opening Guidelines – OUTDOOR CLASSES

These are our current guidelines, in accordance with the Alameda County Public Health Department, effective August 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 outdoor class capacity to ensure social distancing requirements are met. This will reduce our current operational capacity to 12 participants per class (students + instructors). This number is subject to change, based upon county health guidelines.
- Every student will be given an outdoor training space, with at least six feet distant from other students and instructors. Students will be asked to remain in their designated space, for the duration of outdoor 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 outdoor in-person classes, due to the limited capacity of each class.
- We will ask for no spectators within our training area on the field. This will allow us to maximize the space available to class participants. The Junior Cubs class (for ages 4-6) will be the only exception, and we ask that only one (1) parent stay within an accessible physical range to their child, 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.

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.
- All participating students in class must properly wear a mask to cover their nose and mouth. All parents and family members must wear a mask to cover their nose and mouth when within the vicinity of other students, parents, and the EMA staff.
- 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.
- We will gladly provide a mask for any students, parents, or family members who are without one.

Check-In Procedures

- Student must check in at the EMA tent before going to the training area on the field. To check-in, remain at least 6 feet from others not part of your immediate family 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 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.
- 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 training area, they will be assigned to their own workout zone on the field. Each student should remain in their designated workout zone for the duration of the class. This is also where students can keep their personal belongings, which we ask to keep limited.

Parent/Guardian Pickup and Exit Procedures

- We will ask for no spectators within our training area on the field. This will allow us to maximize the space available to class participants.
- 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. Parents should follow the same procedures outlined for students and maintain a six-foot distance from all other participants and other parents.
- When checking in your student at the start of class, we ask that you arrive 5 minutes before the class time. When picking up your student after class, we ask that you arrive within 5 minutes after the class ends.

Cleaning Procedures

- During the 15-minute intervals between classes, EMA staff will be disinfecting all high-traffic areas including the check-in table and any used equipment from the previous class.

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. Students must wear closed-toe shoes for outdoor class.
- Students should use the restroom before arriving at the park. There is a public park restroom located close to the training area, which can be used at the student's discretion. If a student of minority age needs to use the restroom during their class, they will be required to have their parent accompany them. Please note that the public park restroom will not be monitored or cleaned by EMA staff.

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.
- 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.

Outdoor In-Person Class Procedures

- Lesson plans will be modified to limit heavy breathing. The beginning of class will include a shortened, light warm-up. Drills will 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.

- Outdoor classes will be subject to weather and appropriate permits, and EMA reserves the right to cancel outdoor classes based on these factors. Students are required to wear masks during class. All outdoor class guidelines are subject to change as state and county health officials issue updated rules.

Alternatives to Outdoor In-Person 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, or a combination of the two.
- All EMA classes (online & 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 Outdoor In-Person Classes

- Before attending your first in-person 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 in-person 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.