

Safety Protocol

1. To minimize contact with others, in-person classes be subject to these limits:
 - **Class Size** - No more than 12 students will be permitted in a class.
 - **Social Distancing** - Each student will have his or her own 6' x 6' pod on the training floor. There will be at least a 2' gap in between pods, ensuring that there is at least an 8' distance between students while training. You must remain in your pod throughout the class. There will be no contact partner drills, and no handshakes or high fives.
 - **Bathroom Use** - To the extent possible, students and others are asked not to use our bathroom at all. Please ensure that everyone takes care of their bathroom needs before coming to class. If a student must use the bathroom, they should use a tissue to hold the toilet handle when flushing and wash their hands for 20 seconds. We will sanitize toilet and sink handles after each use of the bathroom.

2. Do not come to the school if you or anyone in your household has had any of the following symptoms in the last 24 hours:
 - Fever or chills (temperature of 100.4 degrees Fahrenheit or higher)
 - 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

3. Please follow these procedures upon arrival at the school:
 - **Water** - Bring your own water bottle. Our water fountain will not be available for use.
 - **Arrival and Screening** - Please arrive 15 minutes prior to the start time for your class, so you can complete the safety screening. Classes will start on time and no one will be permitted to enter the school once class has begun.
 - **Social Distancing** - When you arrive, wait in line 6 feet apart using the markings on the sidewalk.
 - **Face Coverings** - A face mask will be provided for each student upon their first attendance. Please be sure to accommodate mask wearing at all times.
 - **Safety Screen** - Complete the Safety Screening Form while waiting in line.
 - **Temperature Check** - We will check the temperature of all students, staff and parents/guardians using a no-touch thermometer. Anyone with a temperature of 100.4 degrees Fahrenheit or higher will not be permitted to enter

- **Entry** - We will admit one person at a time into the school. Only the student will be allowed to enter the studio. Our lobby will be closed. Please wait your child in the car. We will be streaming the Live class video on Zoom so that you can watch your child.

4. Please observe the following safety measures upon entering the school:

- Students must remove their shoes and place them in their backpack or gear bag. If they do not have a bag, they must give them to a parent or guardian.
- Hand sanitizer will be available upon the entry of the training area. Everyone must clean their hands thoroughly upon entry.
- Do not pick up your attendance card. We will record your attendance.
- Bow onto the mat.
- Go directly to your pod and remain there throughout your class.
- Place your water bottle and gear bag at the edge of your pod.
- Maintain a 6-foot distance from others at all times.
- Do not shake hands or otherwise make contact with anyone else other than members of your household.
- Cough or sneeze into your sleeve.

5. Please follow these procedures after class:

- Students will be dismissed one at a time after we confirm the parent's presence.
- Clean your hands thoroughly at the front desk.

6. We will observe the following safety and sanitization practices:

- Door handles, counters and other high-touch surfaces will be disinfected in between classes.
- Our mats will be cleaned and disinfected frequently.
- Classes will be 30 minutes long, with a 20-minute gap in between classes to allow time for disinfecting and cleaning.
- The front and rear doors will remain open whenever possible to increase ventilation.
- Throughout class, we will monitor students and staff for signs of illness. Anyone showing any of the symptoms listed above will be isolated and parents/guardians will be asked to take them home.