

Martial Arts and Fitness classes for Thrive Support & Advocacy.

Sanitizing Protocols

We have a full supply of cleaning materials and equipment to fully clean and disinfect the studio every day. Between classes our staff will wipe down and disinfect all mats, equipment used, common surfaces and door handles. Students will be required sanitize their hands upon entering the studio and wipe down equipment in between each use.

Mask Requirements

Masks must be worn at all times in the dojang if you are not training. Masks are allowed to be removed when socially distanced from others while on the training floor. In the future, there could be instances where drills will be performed with partners, BUT NOTE that will NOT happen any time soon and will be optional based on participants' comfort level.

Health Requirements

In order to keep everyone safe on-site, you must satisfy the following requirements before registering and/or attending each class:

- Be COVID-19 symptom-free for a minimum of 14 days prior to entering the studio.
- Stay home if you are sick or do not feel well
- Be aware of and disclose any potential contacts with affected individuals (if you have had contact in the last 14 days with anyone who is ill, please do not register for classes). Or if you come into contact with anyone who has the virus you must remain out of class for a minimum 14 days or longer if you develop symptoms. You will receive a refund for classes missed
- Wash your hands for a minimum of 20 seconds and/or sanitize throughout the day
- Keep hands away from your face, eyes, and mouth
- Practice social distancing while in the studio and outside the studio

Class Registration

It is important to keep an open line of communication between students and staff in order to preserve the safety and health of all members. We reserves the right to turn away any student who has not pre-registered. There is a maximum capacity of eight members for each class based on state regulations. These requirements will be strictly enforced in order to maintain a safe, healthy environment for members and staff.

Student Responsibilities

In order to maximize student's safety the following measures are taken when entering class:

- When entering, please locate the cube shelf by the entrance and take the storage container (leave shoes and belongings in the shelf) to the training floor
- The container contains paper towels and a nontoxic disinfectant spray. You may put your towel and liquid container in the container.
- There will be 10 designated red matted areas for each individual spaced out in a 2Mx2mM (6ftx6ft) please choose an area and leave your container there.
- We understand that masks can have some discomfort you're allowed to take off your mask when distanced from others on the training floor while training.
- When done with classes:
 - ✓ Please put your mask on and sanitize your hands with hand sanitizer located around the school.
 - ✓ Use the spray bottle and paper towel and wipe your area down (floor, equipment used)
 - ✓ Throw items in trash.
- When finished please take the container and grab your belongings, clean the container and exit to the right side of the building.