

## INNERACTIVE MARTIAL ARTS

### COVID-19 RULES AND PROTOCOLS

This is a list of rules and protocols that InnerActive Martial Arts will be observing and implementing as per Covid-19 restrictions implemented in Ontario for recreational facilities. Please do your best to adhere to them for your safety, and the safety and consideration of others.

If you have any questions about these guidelines, please ask for clarification.

1. Register for specific classes to maintain a proper ratio and to avoid overcrowding.
2. 12 Students per class maximum. (Importance of registration)
3. Come to Class in full uniform. (No changing at the studio)
4. If you are attending the next class, please remain in your vehicle until the previous class has cleared the studio (If applicable).
5. Parents, please wear a mask while in the studio.
6. Parents, if you are able to send your child in without entering the studio, please do so.
7. If you see the lobby has several people inside, please wait for them to enter class and clear the lobby before coming in.
8. Students are asked to wear a mask in the lobby. You may remove it while exercising or in class.
9. Fill out a Covid-19 Screening Form prior to EACH class. Digital version available to be filled out and printed at your own convenience at home or hardcopies on site. (hint: print out several fully digitally answered forms with signature and date before class).
10. Instructor(s) will be wearing a mask at all times while in studio.
11. Use Hand sanitizer before and after class (Provided inside).
12. Always maintain a distance of 6' from each other.
13. We will be forgoing "Kiaps" during class (to prevent/reduce airborne particles)
14. Classroom will be cleaned and sanitized.
15. Equipment used will be cleaned and sanitized at the end of each class.
16. We will do as little equipment sharing as possible.
17. Students will have dedicated spots spaced out appropriately.
18. Classes will be run in a safe manner according to class proportions.
19. Make sure belts are tied tight before class. I prefer not to have to tie them onto those who are not able to do so themselves if it can be avoided.
20. We will be forgoing handshakes, high fives, or any other body contact
21. Parents are asked not to wait in the studio during class.
22. Classes will be live streamed via Zoom for parent viewing.
23. Students will be dismissed in small groups to discourage over-crowding in the lobby.
24. Please meet your children outside of the front door at the end of class.

**If you are feeling unwell or have any Covid-19 symptoms, please refrain from attending class**

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING.