

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 a result of the Covid-19 outbreak. 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. 10 Students per class maximum. (Importance of registration)
3. Come to Class in full uniform. (No changing at the studio)
4. Remain in your vehicle until the previous class has cleared the studio.
5. Parents, please wear a mask in the studio.
6. 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).
7. Instructor(s) will be wearing a mask at all times while in studio.
8. Students may opt to wear a mask at their/parents' discretion (not required)
9. Use Hand sanitizer before and after class (Provided inside).
10. Do your best to maintain a distance of 6' from each other.
11. We will be forgoing "Kiaps" during class (to prevent/reduce airborne particles)
12. Classroom will be cleaned and sanitized between each class.
13. Equipment used will be cleaned and sanitized at the end of each class.
14. We will do as little equipment sharing as possible.
15. Students will have dedicated spots spaced out appropriately.
16. Classes will be run in a safe manner according to class proportions.
17. 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.
18. We will be forgoing handshakes, high fives, or any other body contact
19. Parents are asked not wait in the studio during class.

THANK YOU FOR YOU PATIENCE AND UNDERSTANDING.