



**PARAGON MARTIAL ARTS**  
**SAFETY & PHYSICAL DISTANCING**  
**PROTOCOL**

ENTRANCE ONLY  
(KID ZONE)  
DROP OFF  
STUDENTS

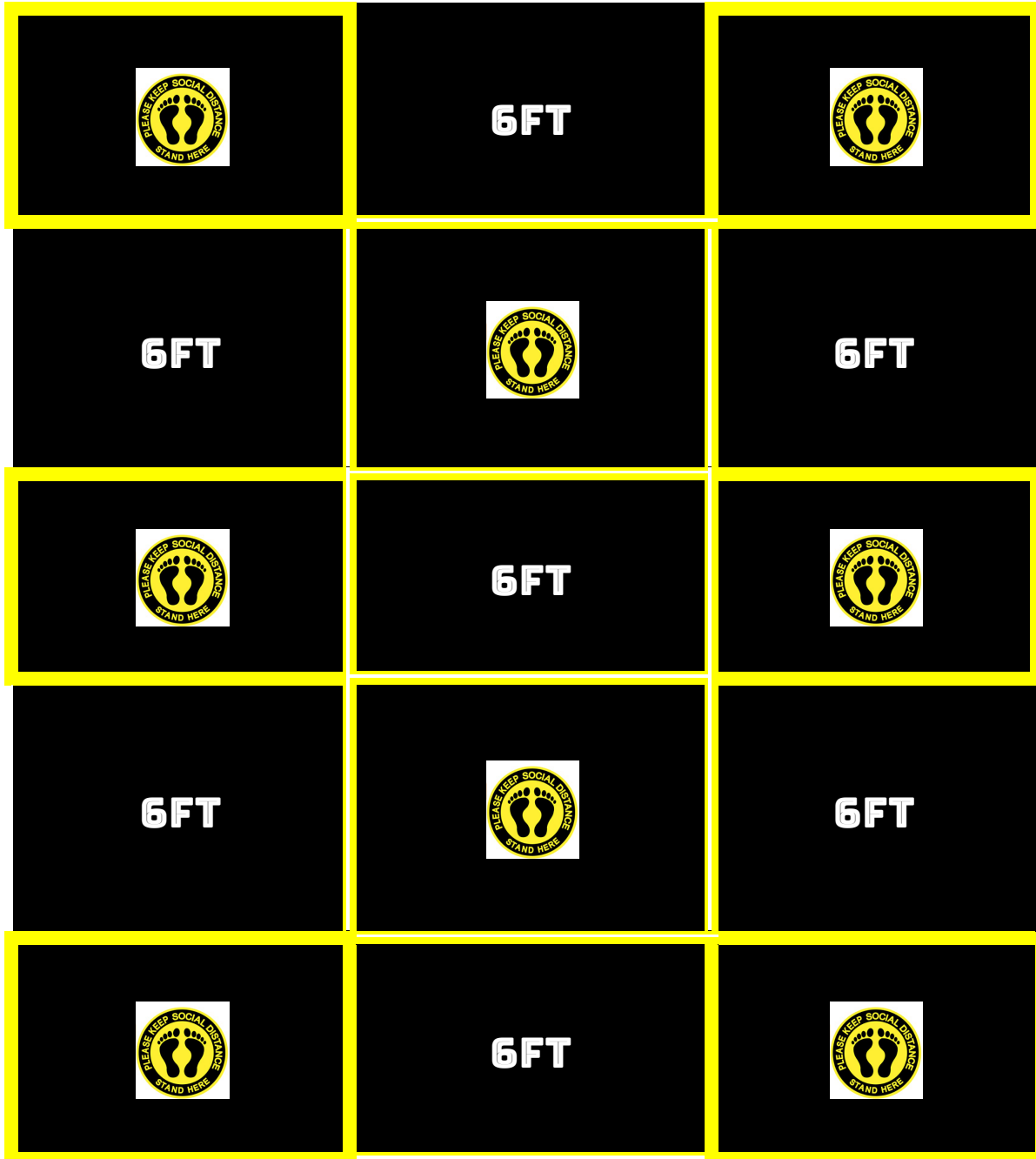
TEMPERATURE AND  
HAND SANITIZING  
STATION

WAITING AREA



WASHROOM

ENTRANCE TO MATS



GARAGE DOOR

EXIT ONLY

BAGS AND  
SHOES STATION

HAND  
SANITIZING  
STATION

BAGS AND  
SHOES STATION

## **ENTRY AND EXIT PROTOCOL**

All the students will enter through the kid zone area and will be dropped by their parents at the door, as a temporary measure parents will not be allowed inside the studio. Parents can wait in their cars or use the viewing area that will be placed outside the garage door when the weather allows us to do so. Please note that all the classes will be streamed live via Zoom.

When students finish their class, they will be sent to pick up their personal belongings and will need to exit the studio right away through the back door, to allow us to prepare for the next class. In order to make this process work we ask parents to pick up their child on time.

Upon entrance to the studio the students will need to use hand sanitizer and we will take their temperatures. Immediately after students will remove their shoes and head to the waiting area where the instructor will guide them to the bags and shoes station. Once their belongings are placed, they will go to their assigned training section to start the class. When class ends each student will be sent to pick up their belongings, use hand sanitizer and head out to the assigned exit to be picked up by their parents.

## **TEMPORARY IN CLASS ADJUSTMENTS**

1. Our classes will be 30-45 minutes long depending on the program and only 8 students will be allowed per class.
2. We will create a temporary schedule to accommodate the students that will attend in-person classes. A survey will be sent to confirm attendance to in person classes. Please note that online classes will continue for those students that chose to stay at home.
3. There will be a 10 - 15 minutes gap between classes to allow us to clean and disinfect before the next class arrives
4. Students must not arrive earlier than 5 minutes before their class and stay in their car until we give them access to the studio.
5. Students and parents must not gather when entering or waiting to enter the studio and must respect 6 ft between each person while waiting to check in the studio.
6. Parents should pick up their child on time and students will need to head out the studio right away after their class ends. If students or parents decide to stay outside the studio after class ends it is mandatory to stay 6 feet apart from each other and wear at all times a face mask.
7. Our mat will have space out dots that are placed 6 feet apart where students should stand.
8. Each area will be marked with caution tape, so students stay at all times in their designated area.

9. Each student will have a designated bag, target or any other equipment they will need in class and must bring a water bottle and towel which will remain in their designated area at all times.

## **DAILY DISINFECTION**

In order to help mitigate virus transmission, we will be extra diligent on regular routine disinfecting protocols using hospital-grade disinfectant solution.

A protocol to disinfect the training area and used of used equipment will be conducted at the end of every class

At the end of the day we will do a general cleaning and disinfection of the entire studio.

## **PHYSICAL DISTANCING PROTOCOL**

Physical distancing is a simple yet very effective mechanism to prevent potential infection that relies on simple distance to avoid infection.

While students are in our studio, they will need to follow physical distancing protocols, to make this easier for them please ensure that you talk to your child and explain this protocol before returning to in-person classes.

In practice, this means:

- Staying 6 feet away from other students inside or outside the studio
- **NO CONTACT** with others, such as handshakes or embracing.
- Avoid touching surfaces touched by others.
- If your child feels sick or unwell, they **MUST** stay home. We reserve the right to not allow the entrance to the studio to any students that appears to be sick or they show a high temperature.
- Demonstrate proper hygiene (washing hands after using washroom, having personal items/ equipment cleaned before and after class, etc.)
- Students must wear masks inside or outside our facilities. All students need to wear a mask or a face shield during their class. We recommend that the students use face shields as this will help them breathe properly during their training. If your child prefers to wear a mask, we suggest masks that are designed for sports (Some examples: Adidas, Under Armour, Nike or the "32 Degrees" brand available at Costco)
- Parents must wear masks as well while watching the classes from the viewing area outside.

- Additional hand sanitizers will be placed in the training area so students can use them when required during class. All students are welcome to bring their own hand sanitizers and have them handy in their squares when needed.
- Our front entry will remain open at all times and will implement measures to keep the garage door open to increase the air circulation in the studio (with the exception on days where the weather does not allow us to do this)
- For safety reasons spectators are not be allowed to be in the studio and in the winter months we will not be able to have a viewing area for parents/guardians outside. All classes will be available online to ensure that parents continue to be connected with their child during their training.
- Students are reminded to use washrooms at home prior to coming to class. This will help us to limit the use of the washrooms at the studio.
- Students should bring individual water bottles for personal use which should be filled prior to coming to class.
- We also ask our parents to keep an open communication with us in regard to any concern about COVID -19 safety measures, travel plans and any concern about the health of their children.

We appreciate so much your understanding we know these new protocols might be overwhelming for our PMA families, but we are working very hard to keep our students safe and still provide the best martial arts training that we possibly can.

Thank you for all your support!

**PARAGON MARTIAL ARTS TEAM**