

Master Gee's Black Belt Academy Covid-19 Plan & Protocols

Keeping our students and staff safe is our top priority. As part of our response to Covid-19, we have developed a new set of protocols. Most of these new protocols have been in place since our reopening in June but we are revisiting them with everyone and added a few extra to ensure there is no lax in the following of these protocols. Effective November 7th, 2020 this is our updated Covid-19 Plan.

- We have a class size maximum capacity limit on our online registration system for all of our classes to ensure the ability to properly distance. With our online registration system for each class there is no way someone can enrol into a class that is already at maximum capacity. This ensures that the full 6ft distancing is possible for everyone who attends. There is no "drop in" options for training. We have a complete list of the students who are supposed to be in that class that day/time and we do not deviate from this.
- We have created 6ft training squares for the number of people allowed into each class with additional space for multiple walkways between the 6ft squares to ensure that people entering and leaving the training area do not encroach onto another person's training space. We also direct each student to their 6ft training square before class and directed them each to exit. This ensures that the students (especially children) are able to keep their distance from each other before/during and after classes.
- We have also provided the option for online classes/private lessons through ZOOM for the students/parents who are immune compromised/do not feel secure being back with in person training or work in an industry that is more at risk. About 25% of our student body have chosen this option which has helped to limit the number of people inside the building daily.
- We have a temperature check that must be passed upon entry and hand sanitizing that must be performed in front of us before a student is allowed to enter into the building. There is no option to opt out of this. Following this procedure determines your ability to enter the building. In addition to this we have multiple hand sanitizing stations throughout the building.
- We have closed our front viewing area to the public to ensure that only students registered for classes on that particular day are allowed to be in the building. No one is allowed to stay and watch the classes from inside the building. Some choose to stay and watch from the outside but we do remind them to distance. In addition to the reminders we have our outside planters spaced apart to prevent standing too close to another individual.
- We have also created a strict pick up/drop off only policy during this time. This limits the number of people inside the building to only those participating in the training that specific day/time.
- We are now appointment only for all inquires/renewals/questions etc. No unscheduled students or appointments are allowed in the building. This ensures we are able to

schedule people into the building at times when students are not entering/leaving the building. Everyone inside the building is registered for that day/time and full contact information for everyone inside the dojo is required for contact tracing purposes.

- Our bathrooms are currently closed for student use UNLESS it is an absolute emergency. If the bathroom must be used then it is immediately sanitized after use. We also have a separate bathroom for staff to use and that is also immediately sanitized after use.
- We have completely altered our previous weekly class schedule to allow for staggered class times. This allows us to ensure that the two separate doors for entry/exit stops any congestion of people entering or leaving the building. While they enter or exit we remind them to keep their 6ft distance between other students.
- In addition to the altered schedule we have also shortened our classes to not only help keep our students at a lower heart rate(to avoid sweating etc) but to also allow for 30 minutes of proper sanitizing between each class. Everything on the training floor is fully sanitized: the 6ft training squares and the walkways, any workout bags and surfaces the students could have touched. While staff sanitize they continue to wear the proper PPE and protective gloves. Those gloves are then thrown out after each sanitizing.
- Staff have been wearing PPE(masks, face shields, gloves etc) the entire time since our reopening in June and will continue to do so.
- All staff working that day maintain the 6ft distance required, not only from the students but also from each other and wear their PPE the entire time they are in the building. All staff abide by the strict MGBBA sick policy of not entering the premises if they are displaying any symptoms of covid-19 and do not come back to work until after they have sought out testing(and received a negative result) and/or isolated for a minimum of 14 days.
- We have one distanced barrier in place for our front reception desk, as this would be the only area that would be hard to distance if needing help. However, for the time being this front reception area is closed as we are not allowing anyone into the dojo except for the students who are training that day. All inquires and issues are being handled via phone and email.
- We have enforced a mandatory mask policy for anyone entering the building or training. This means that no one in the building is without PPE, no exceptions. We do supply free PPE for our students should someone forget theirs. As this is a mandatory requirement for classes we are willing to make sure these are available for everyone free of charge.
- We have also cancelled our Fight Fit class. This is a high intensity martial arts aerobic class. While distancing can be maintained for this class we aren't confident that keeping this class going is beneficial at this point in time so we have chosen to remove it from our available training until the guidelines let us know it is safe to resume.

- We have signage all around the building reminding people of the proper way to wear their PPE, proper ways to sanitize their hands(washing or with the provided sanitizer), of our mandatory mask policy, one way entry, one way exits, waiting spaces to ensure they keep their distance while waiting for their temperature check etc
- We have a “Free Private Lesson Voucher” policy right now for any student who is not feeling well. This ensures they do not feel compelled to just attend because they will miss a class. This will allow them to book a free private lesson in the future(when they are healthy) to recoup the class missed.

We are especially dedicated during this second wave of Covid-19 transmissions to doing everything we can to keep our students/staff and the rest of the community as safe as possible. We are more than willing to make any alterations necessary to help keep our students training, our staff working and our community safe throughout this second wave.