



## WE HAVE RE-OPENED!



### *A Special Message from Our Chief Instructor:*

Dear Friends,

We are so happy and excited to begin training again at our karate studio in person! We have done everything that we possibly could do to get ready to welcome you back in this (almost) post-Covid-19 world.

We have recently finished new construction enlarging of our karate studio to provide more space for training during class that includes an additional 20 x 30 feet of additional workout floor space with new mats, more mirrors, an enlarged entry area, new carpeting in the entry and observation area, freshly painted walls and more. We have added to our already regular and thorough cleaning and disinfecting of the whole studio for everyone's safety, by providing an extra fifteen minutes in between each class, so that we can disinfect high touch areas and our mats, after each class leaves the floor and the studio. Below are our new safety procedures to ensure everyone who comes to the studio can train safely.

We have two things that you must read before coming for your introductory class! They both are for your safety and health, your own family's safety and health, and for your fellow student's safety and health. ***Everyone needs to participate*** in taking the precautions for yourself and for everyone else, so that we can keep our families and community free of the Covid-19.

The first document is a Covid-19 Acknowledgement and Consent form which is attached. Everyone must read and sign it, or you will not be permitted to enter the studio premises. The document link is attached. ***Please read, sign, and return to the studio. You can email it back to us or hand it to us at the door, but you or your child will not be allowed to enter the studio without this signed form being delivered to us.***

The second form is below. It is the rules and procedures: before arriving, once arriving, entering, while here and also when leaving the studio. **Please read thoroughly, and please read to your children and family members.** Some things have changed when it comes to how we enter and leave the studio and how we practice and train. All these rules and procedures are temporary. We will ease up on these procedures whenever the health experts tell us it is safe to do so.

We are providing Zoom Live classes for those of you who cannot attend the studio for any reason during these unprecedented times (you can still train with us even while you are away or on vacation or even if you have moved away). The Zoom class link will be sent to you once you enroll for classes after your introductory classes.

I hope you will accept my invitation and try a free class right away! No one regrets starting classes, but most people regret that they never started when they could. Start today!

We have been open since June 8<sup>th</sup>. So, we are sure that we can do this safely and still have fun! Just remember though, **everyone must do their part** to keep everyone else safe. Our **Black Belt Excellence theme last month on Responsibility** speaks to this: we are responsible to ourselves, to our families and our community to follow the safety rules, and to care about and respect how our behavior affects others.

For your success,  
George Mowod, Sensei

# SAFETY DIRECTIONS FOR STUDENTS WHO CHOOSE TO TRAIN AT THE STUDIO

Updated 12/2/2020

## THINGS TO DO and CONSIDER *BEFORE* YOU TRAVEL TO THE STUDIO FOR CLASS:

- If you have any business to attend to such as buying stuff, scheduling, or discussing membership matters, stripe, or belt testing, please do as much as possible on-line, by email or by phone. Please schedule pick up of items purchased ahead of time. Do not stand around or hang out at the front counter.
- Please clean your uniform before each use and put your uniform on at home.
- If you would like water to drink, please bring your own water in a bottle. The water fountain will not be in use.
- Parents bringing children should be limited to one parent and no siblings.
- Non-essential visitors are discouraged from entering the studio premises.
- Have you experienced any cold or flu-like symptoms in the last 72 hours (including fever, shortness of breath, cough, sore throat, or difficulty breathing)? Please stay home and take Zoom Live Classes until you are symptom free.
- Have you traveled out of our State of Pennsylvania in the last 14 days? If so, please stay home and take our Zoom Live Classes or provide a negative COVID-19 Test Result.
- Those students or family members who are at high risk for Covid-19 are discouraged from attending the studio. Please take the Zoom Live Classes.
- *All students and/or parents of minor students must read and sign the Covid-19 Acknowledgement and Consent Form before attending classes.*

## ARRIVING AT THE STUDIO:

- Please remain in your vehicle until 5 minutes before your scheduled class time.
- All students and family members must wear face masks and line up on lines outside the studio door until requested to enter. Please always maintain social distancing while waiting in line.
- Do not shake hands, high five or engage in any unnecessary physical contact.

## UPON ENTERING INSIDE THE STUDIO:

- When you are asked to enter the studio front door (one student at a time), you will have your temperature taken with a non-contact thermometer. Students with a temperature above 100.4 will be asked to go home.
- Please do not stand or congregate at the front desk/counter.
- Please remove your shoes and socks (unless you are only observing class) by the end of the runner carpet and place socks and shoes in the shoe shelves.
- Disinfect your hands with hand sanitizer or wash your hands thoroughly with our hypoallergenic (Warrior Wipes) or soap and water in the bathroom.
- After cleaning your hands, go directly to a spot on the workout floor where you see a marking with tape for you to stand. The tape is on the mat with 6 feet between each one.
- If you need help tying your belt, ask for help after cleaning your hands. Keep your face mask on while someone helps you tie your belt, then go directly to the workout floor.
- Once you are on your spot you can warm-up, stretch or practice until the class begins.
- Students will line up and bow in or bow out while on their spot. *No high fives at the end of class.*
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- There will be no contact, partner drills or sparring, including sparring class, until further notice and until health officials tell us otherwise.
- Parents who remain at the studio with their child/children can sit inside in seats 6 feet apart or wait outside, space permitting. All visitors must also wear face masks.

- Please use bathroom or go outside if you can, when you sneeze or cough. If you can't get to the bathroom or outside, please cover your face with a cloth or tissue and if you do not have a cloth or tissue, use your arm to cover your mouth and nose. (Tissues are available next to the Warrior Wipes, for planning ahead with known allergies) -otherwise please stay at home until any infections are completely over.

#### **AFTER CLASS IS OVER:**

- Please use sanitizer upon leaving the workout floor, put your shoes on and exit the studio premises while maintaining social distancing **quickly and directly**.
- Please do not linger or hang out. You will have 10 minutes to put your shoes on, gather your stuff and leave, so that the next class can enter safely. We can't wait till this is over, our comradery is so very important!
- Please wash your uniform after each use.

#### **GENERAL CONSIDERATIONS:**

- We will be promoting healthy hygiene habits, and intensify cleaning, disinfecting and ventilation.
- The 15 minutes between classes will be for students to enter and leave **without gathering in groups** and for staff to thoroughly disinfect and clean all high touch areas.
- Our ventilation system will be running on high continuously during classes.
- Air purifier (that gathers and destroys germs, viruses, and bacteria) will be running during all classes.
- All employees, Instructors, SWAT, and STORM Team members will always wear face masks.
- Our goal is to create the safest, cleanest, and most controlled environment for our students and team. We have the right to ask for that control and if anyone refuses to comply, we will refuse admittance to our studio.

Thank you for your serious attention to these safety requirements. We have printed and posted these directions on the door for your reference before you enter and even as you leave.

Please sign the Acknowledgment and Consent Form unless you have recently filled out an online registration and waiver which does include this form.

If not, please find it here: [Covid-19 Studio Consent Form](#)

