

# **COVID-19 Preparedness Plan for Full Circle Martial Arts Academy**

Full Circle Martial Arts Academy is committed to providing a safe and healthy martial arts training environment for all instructors and students as well as their families. To make sure to the best of our ability that we have a safe and healthy martial arts training environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Head and assistant instructors are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our martial arts community as well as the greater community as a whole. We require the full cooperation of our instructors, students, and families in this endeavor and through this cooperative effort, we can establish and maintain the safety and health of our martial arts community.

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and South Dakota Department of Health (SDDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and addresses:

- Hygiene and respiratory etiquette;
- Engineering and administrative controls for social distancing;
- Cleaning, disinfecting, decontamination and ventilation;
- Prompt identification and isolation of sick persons;
- Communications and training that will be provided to instructors; and
- Supervision necessary to ensure effective implementation of the plan

## **Preventative Measures & Screening**

Instructors and students have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess instructors' and students' health status prior to entering the martial arts gym and for instructors and students to report when they are sick or experiencing symptoms.

- All instructors and students will be screened ( with a no touch scan thermometer) for fever prior to entering the facility.
- Any person registering a temperature >100.4 F will not be allowed in the facility and cannot return to the gym for 7 days and until that person has been without fever without fever reducing medication for 3 days.

- All persons entering the facility will be required to answer pre-screening COVID 19 symptom list questions prior to entering the facility. If they answer yes to any of the required questions, they will be asked to refrain from returning to the facility for 7 days and until they have been without fever for 3 days without fever reducing medication and are having symptom improvement.
- If a student becomes ill while in the facility, the student should report symptoms immediately to the instructor and will be asked to leave the facility immediately. If the student needs to wait for transportation, the student will be isolated in an area at least 6 feet away from any others. No one will be allowed to enter this space until it has been fully disinfected.
- If there is an instructor or student who has been training and has been identified as testing positive for COVID-19, all active instructors and students will be notified of the timeline. Those that have been present in the facility with that person will be asked to self-isolate for 14 days from their last contact with the infected person and the facility will be closed for an appropriate amount of time for disinfecting methods to be implemented within the facility to assure that it is safe to return when the temporary closure has lapsed.
- While instructors and students will be notified of any known COVID-19 infections within the facility, every effort will be taken to protect the privacy of all instructors' and students' health statuses and no personal identifying information regarding COVID-19 positive persons will be disclosed.

## **Handwashing**

- Instructors are instructed to wash their hands for at least 20 seconds with soap and water or sanitize with a hand sanitizer dispenser before, in between, and after every class.
- All students will be required to sanitize their hands immediately upon entering the facility. Hand sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and various other locations in the facility.
- Appropriate signage will be placed throughout the facility to remind instructors and students of the importance of frequent hand washing and hand sanitizing.

## **Respiratory Etiquette**

- Procedural masks will be worn by all instructors while teaching classes. Students are asked to wear a face mask of their choice while training. If the student does not bring a mask to class, one will be available for sale.
- Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all instructors and students.

- While yelling is a mainstay in martial arts training, in order to exercise appropriate respiratory etiquette all students and instructors will refrain from yelling “loudly” during their class time.

## **Social Distancing**

Social distancing of six feet will be implemented and maintained between instructors and students as well as between individual students through the following administrative controls:

- The number of students and instructors allowed in the facility at the same time will be determined by CDC, state health department, and local health department recommendations.
- Full Circle is providing shorter class times and expanded hours to allow for fewer students in individual classes.
- Class start and end times have been staggered to allow adequate time between classes so that there is no overlap in students entering and exiting the facility.
- Loitering between classes will not be allowed.
- The lobby will be closed to visitors, guests, and family members. All families will be asked to drop students off via curbside/front door.
- Dressing rooms will be closed and all students must come dressed and ready for classes.
- Bathrooms will be closed and only available for use in emergency situations. If use of the restroom is necessary, restrooms will be cleaned between each use by an instructor.
- Curriculum will be adjusted to prohibit any hand to hand training and the use of free standing targets will increase.

## **Cleaning, Disinfection, and Ventilation**

- Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, doors and handles and areas in the gym environment, including restrooms, dressing rooms, and the front desk.
- All payments (registration fees, monthly tuition, and equipment orders) will be facilitated via online electronic invoices to avoid the handling of any high transmission surfaces.
- Students should enter the gym in their street shoes and immediately take them off and put indoor training shoes on. Students are encouraged to bring their own indoor training shoes or Martial arts shoes are available to order through Full Circle.
- It will be communicated to students and their families to try to use the restroom prior to coming to the facility so as to avoid any unnecessary use of this particular high risk area.

- Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications and are being used with required personal protective equipment for the product. These disinfectants need to be used with non-latex rubber gloves and the instructor performing disinfecting duties should also wear a mask while completing this task. All supplies will be disposed of in a trash container and immediately disposed of at the end of a day.
- The maximum amount of fresh air is being brought into the gym, air recirculation is being limited, and ventilation systems are being properly used and maintained.

## **Communications and Training**

This COVID-19 Preparedness Plan will be communicated via email, on the Full Circle Martial Arts Academy website, social media platforms, and in person to all instructors and students. Additional communication and training will be ongoing via online platforms and email on a monthly basis and provided to all instructors and students.

Instructors will monitor how effective the program has been implemented by checking in with the students and their parents. Instructors will continue to work to regularly update training and implement new strategies as new needs become apparent. This COVID-19 Preparedness Plan has been certified by Full Circle Martial Arts Academy and was posted throughout the facility. It will be updated as necessary to make sure that current and updated CDC and state health department guidelines are being met.

Although Full Circle Martial Arts Academy is doing our best to eliminate the possible transmission of illness by setting out these requirements and guidelines, we cannot guarantee that transmission of any contagious virus or disease will not occur within the facility and as such should not be held liable for any act of transmission of a contagious virus or disease that may occur.