

Health & Safety Preparedness Plan for

Introduction

Full Circle Martial Arts Academy (FCMAA) is committed to providing a safe and healthy martial arts training environment. Therefore, we have developed the following Health & Safety Preparedness Plan. Master, Lead, and Assistant Instructors are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of infectious diseases in our martial arts community. We require the full cooperation of our instructors, students, and families in this endeavor. Through this cooperative effort, we can establish and maintain the safety and health of our martial arts community.

Our Health & Safety 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.

Preventative Measures & Screening

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

- If you suspect you have a contagious illness or test positive for a contagious illness, you will be asked to stay home until the end of your symptoms. In addition, all students will be asked to wear a mask the following week in class to help minimize the continued spread of the disease.

Handwashing

- Instructors are instructed to wash their hands for at least 20 seconds with soap and water or sanitize with a hand sanitizer before, in between, and after every class.
- All students will be encouraged to sanitize their hands while in the facility. Hand sanitizer dispensers (that use sanitizers of greater than 60% alcohol) are at entrances and various other locations in the facility.

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.
- Appropriate and effective cleaning and disinfectant supplies have been purchased. They are available for use per product labels, safety data sheets, and manufacturer specifications and are used with the required personal protective equipment.
- The maximum amount of fresh air is brought into the gym, air recirculation is limited, and ventilation systems are properly used and maintained.

Communications and Training

Health & Safety Preparedness Plan will be communicated via email, on the FCMAA website, on social media platforms, and in person to all instructors and students. Additional communication and training will be ongoing via online platforms and email.

Instructors will monitor the implementation of the program by checking in with students. In addition, instructors will continue to update training and implement new strategies as new needs become apparent.

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.