



## LEADING EDGE MARTIAL ARTS COVID-19 Return to Normal Plan Phase-3 March 22nd 2021

LEMA family,

First we want to thank you all for staying #LEMAstrong this past year. It has been a difficult time for sure. Because of your Non Quitting Spirit and Unwavering Support, LEMA is still kicking strong. As we are now a year into this pandemic, the medical community has a much better understanding of COVID-19 and how to treat it. With herd immunity beginning to grow and vaccinations are happening, we feel it is time to move into the next phase of returning to normal. We are looking to begin reintegrating contact with partners on a controlled level.

### On-Site Attendance:

Our class schedule will remain much the same including shorter classes to allow cleaning and disinfecting of the classroom, equipment, and high touch surfaces between all classes. Our regular tuition policies will remain in effect regardless of whether classes are taken in person or online.

- Our LEMAonline program will remain for the time being as a complement to our in-person classes. New Online classes will be posted TWO times per week.
- Class times will be shortened to maximize the number of classes we can offer while providing time to disinfect between classes and limiting number of students passing in the hallways and changing rooms.
- Students will still be required to register for the classes they will be attending using our app. Students will not bring their regular membership cards into class.
- There will be very strict drop off and pick-up times for students. Students late for classes will not be permitted inside the school. Students will be permitted to enter the school 15 minutes prior to their class starting. Student pick-up must be immediately following class. Tardiness will not be tolerated.
- Students under the age of 13 must be *ESCORTED* to the front door and may not cross the parking lot without an escort.
- **Students are to bring gear bags to every class beginning 3/22/21.** Students are to begin bringing gear bags and sparring gear to every class unless told otherwise. We ask that NOTHING else is in the bag except their required gear. No additional clothing. It is imperative that gear is cleaned and disinfected after every class. Please be diligent.

### Personal Hygiene and Social Distancing Expectations:

- Students are required to bring their own masks to class and will not be permitted in the school or on the mat without one.
- Students will have their temperature taken prior to classes and anyone running a temperature will not be allowed to participate.
- Students must thoroughly wash their hands with soap and water for 20 seconds or use antibacterial prior to entering the classroom.
- Social distancing practices will continue to be followed with limited exceptions until further notice. This means:
  - 6 feet of space between students. The student dots on the mat are placed six feet apart.
  - When a drill or lesson plan requires students to be within 6 feet of distance, we will keep that drill to 10 minutes or less.  
Example: Self Defense and Sparring
  - When conducting hands on drills like self defense and sparring, students will be required to use hand sanitizer immediately before and after each time they work with a partner.
  - When possible, we will use immediate family members as partners.

### Routine Facility Cleaning:

We will be cleaning, mopping and disinfecting throughout the day. As outlined below:

- Mats and equipment will be disinfected before and after every class. (Cleaning solutions will meet the requirements published by the CDC).
- All high touch surfaces will be disinfected repeatedly throughout the day.

### General Health and Well-Being

- Everyone must stay home if they are sick including: Staff, Students, Parents
- If you feel you have been exposed to COVID-19, you will be required to follow current CDC guidelines and your training will be restricted to online classes until you are cleared to return.

### Opt Out of Contact Training

- Students may choose to opt out of contact training. If you wish to opt out, please ask a LEMA staff member for an Opt Out form.

### Belt Testing will now be done in person

Sincerely,

Sensei Rob & Team LEMA