



RE-OPENING ACTION PLAN

RETURNING SAFELY TO THE DOJO

FIRST DAY BACK:
MONDAY, JULY 6

PHASED RE-OPENING

1

ZOOM CLASSES

Spring session classes will continue on Zoom through Friday, June 26.

2

DOJO RE-OPENS WITH NEW POLICIES IN PLACE

Summer camps and classes begin with strict new policies in place regarding class sizes, no contact, and health-and-safety protocols.

3

EVENTUAL TAPER OF SOME POLICIES

In coordination with state and local rules and guidelines, some initial policies and procedures will slowly taper off. There is currently no timeline for this; we will continue to evaluate the situation throughout the summer, fall, and winter as needed.

4

“NEW NORMAL”

At an appropriate time, we will finish transitioning to our “new normal.” Some policies may go back to the old normal, some may stay exactly as-is, and some may continue in a modified or reduced manner.

RE-OPENING POLICIES



Maintaining Social Distance



Personal Protective Equipment



Personal Hygiene



No-Contact Policy



Cleaning Protocols



Stay-at-Home Requirements



Online Classes Using Zoom



Attendance & Contact Tracing



Rapid Response Plan



Maintaining Social Distance

- Our lobby has been socially distanced for drop off and pick up.
- Parents and caregivers will not be permitted to stay in the lobby during class – please plan to leave and come back.
- Parents, caregivers, siblings and visitors to the dojo will not be permitted to use our restroom. Public restrooms are available down the hall.
- Students and instructors will be socially distanced throughout class, in eight-foot intervals.
- All class sizes will be capped to ensure adequate social distance can be maintained.



Personal Protective Equipment

- Face masks will be required for all students, instructors, and visitors, without exception.
- Masks must cover both the nose and mouth.
- We strongly recommend the use of reusable cloth masks, which can be washed and ironed regularly to sanitize the mask.
- Especially for younger students, we encourage masks with elastic bands, rather than ties; instructors will not be able to help re-tie students' masks if they come loose.
- For visitors with a health condition that might make the wearing of masks difficult, reasonable accommodation (in compliance with the ADA) can be made with advance notice; however, no entry will be permitted to our physical location without a mask.



Personal Hygiene

- All instructors will be required to wash hands in between each class.
- All students taking multiple classes in a row must wash hands between classes.
- All students must wash their hands and/or use hand sanitizer before taking class.
- Uniforms and belts must be washed after every class.
- No gear bags or weapons should be brought from home.
- Reusable water bottles are required; no single use cups will be provided.
- Hand sanitizer will be available to parents and visitors upon entry; we request that everyone please use some when entering and exiting the dojo.



No-Contact Policy

- All classes will run in a no-contact format until further notice.
- This includes no partner drills, no sparring, and no grappling.
- Instructors will maintain safe social distance when making corrections.
- No high-fives, fist bumps, or handshakes between students or from instructors.



Cleaning Protocols

- All classes, camps, and events have been specifically scheduled with gaps for cleaning our dojo facilities between every session.
- Between every class, all training equipment will be sanitized.
- Before every day of classes, our mats are disinfected with an EPA-approved cleaner that meets their “Emerging Viral Pathogen Guidance” standards.
- Throughout the day, door handles will be disinfected.
- Bathrooms and other “high traffic” areas will be cleaned between each class.
- Overnight, an O3 machine will be used to filter the air in the dojo.



Stay-at-Home Requirements

- Please do not come to the dojo if you, your child, or a member of your household has come in contact with a confirmed or suspected case of COVID-19.
- Please do not come to the dojo if you, your child, or a member of your household is presenting with cold- or flu-like symptoms.
- Please do not come to the dojo if you, your child, or a member of your household has recently (within the last 14 days) traveled outside the country, or outside of the Tri-State and New England regions.
- All students, instructors, and visitors will be temperature screened (using a contactless thermometer) before entering the dojo. Anyone with an elevated temperature (100°F or higher) will not be permitted to enter.



Online Classes Using Zoom

- All summer classes will be simulcast on Zoom.
- Simulcast classes will include an interactive component with an instructor.
- This is provided as a service for students who are not yet comfortable returning to the dojo environment, or in the instance that a class is already at maximum capacity under our social distance guidelines.



Class Attendance & Contact Tracing

- Attendance will be taken for all classes, including both students and instructors for each class.
- All parents, caregivers, and visitors will be required to sign-in and sign-out if entering our facility, including for pick-up and drop-off.
- These records will be kept in order to support contact tracing efforts in our area if the need arises.



Rapid Response Plan

- In the event of a suspected or confirmed case of COVID-19 in our community, we are working to put in place a Rapid Response Plan to communicate with our dojo members as well as New York State.
- We will be requiring a working cell phone number on file for all students (or their parents, for students under 18 years of age), and to subscribe to our text message service.
- This service will only be used in case of emergency closure of the dojo, or to communicate time-sensitive information regarding a possible or confirmed case of COVID-19 in our community.

Drop-Off and Pick-Up Procedures

Drop-Off

- Parents and caregivers may walk to the door with their child when dropping off. We ask that parents and caregivers do not enter the lobby area unless needing to speak with an instructor.
- Social distance will be maintained outside the main door through the use of distance markers on the floor. We ask that everyone please follow these markers.
- All parents, caregivers, siblings, and visitors must wear a mask during drop-off.
- If parents and caregivers need to enter during drop-off, they must first use the hand sanitizer provided, receive a temperature screening (using a contactless thermometer), complete a brief health questionnaire, and sign-in with their name and the time of their entry. They will also need to sign-out at the time of their departure.
- Parents and caregivers will not be permitted to stay in the waiting area during class. Please plan to leave and come back.
- Doors will be closed while class is in session. Please plan to arrive on time.

Pick-Up

- Parents and caregivers may enter the lobby for pick-up; however, social distance must be maintained at all times.
 - All parents, caregivers, siblings, and visitors must wear a mask during pick-up.
 - If parents and caregivers enter during pick-up, they must first use the hand sanitizer provided, receive a temperature screening (using a contactless thermometer), complete a brief health questionnaire, and sign-in with their name and the time of their entry. They will also need to sign-out at the time of their departure.
 - Pick-up times for Summer Day Camps will be staggered; please plan to arrive at your child's correct pick-up time.
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