

# **CORNERSTONE UNLIMITED MARTIAL ARTS**

## **2021 COVID-19 MITIGATION POLICIES & PROCEDURES**

Please understand that students and family members entering our gym will be in contact with children, families and instructors who are also at risk of community exposure. Furthermore, no list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection. Each family assumes all risk of attending our in person classes. *Also, each of you plays a crucial role in keeping everyone in the facility safe and reducing the risk of exposure by following the practices outlined below.*

***WE WILL BE CLEANING THE MATS AND ALL FREQUENTLY TOUCHED SURFACES WITH CDC/EPA APPROVED CLEANERS AFTER CLASSES EACH DAY. This is a return to our normal procedures.***

- **Please remind your student they may not exchange hugs, high fives, fist bumps, etc. with anyone outside of your immediate family. Also, please help younger students maintain a minimum of 6 feet from all others in the room.**
- Students should NOT plan to change in the restrooms or any other room. Students should be wearing their uniform pants and shirt or jacket when they arrive. Instructors will help with belts as needed.
- Students should NOT bring any gear. Students should NOT bring their bag into the gym.
- Students SHOULD bring a water bottle. The water fountain will NOT be available.
- **LIMIT OF 3 SPECTATORS PER FAMILY ALLOWED IN THE GYM.** Please see the following item for information on children in the waiting area.
- **If you must bring children not in a class into the gym, please bring your own quiet activities.** Children will not be allowed to play in the waiting area or to be in the bathroom alone.
- **PLEASE ENTER THE GYM NO MORE THAN 5 MIN BEFORE THE CLASS START TIME.** Please wait in your car if you arrive early.
- **WHEN ENTERING THE GYM, PLEASE MAINTAIN A MINIMUM OF 6 FEET BETWEEN YOUR FAMILY AND OTHERS ENTERING.**
- **ALL SPECTATORS ARE REQUIRED TO WEAR A MASK WHILE IN THE GYM. THIS INCLUDES PEOPLE WHO HAVE RECEIVED A COVID-19 VACCINE.** If you do not have your own mask, we have disposable masks available at the door. If you prefer not to wear a mask, you may walk your student to the end of the hall and then wait in your car or the parking lot until the end of class.
- **STUDENTS WILL WEAR A MASK AT ALL TIMES IN THE GYM INCLUDING DURING CLASS. THIS INCLUDES STUDENTS WHO HAVE RECEIVED A COVID-19 VACCINE.**
- **MASK REQUIREMENTS (based on CDC guidance):**

**Face Coverings MUST meet ALL of these requirements:**

- ✓ be constructed of at least two layers of breathable material
- ✓ fully cover the nose and mouth while securing under the chin
- ✓ fit snugly and be secured with ear loops that allow the wearer to remain hands-free
- ✓ THE MASK MUST FIT WITHOUT GAPS AND STAY IN PLACE

*Continued*

**The following face coverings will NOT be allowed:**

- \* masks with exhalation valves or vents
- \* bandanas or pulled-up neck kerchiefs (gaiters)
- \* single-layer materials
- \* plastic shields open at the bottom

- **We reserve the right to charge for disposable masks if a student requires one on a regular basis.**
- **ALL STUDENTS WILL BE REQUIRED TO WASH THEIR HANDS PRIOR TO CLASS.** This will be done individually or with family members only.
- Please have your student use the restroom at home. We want to minimize movement in the gym as much as possible.
- **SPECTATORS SHOULD REMAIN SEATED THROUGHOUT CLASS.**
- **DO NOT MOVE THE CHAIRS,** or gather closer than 6 feet with any other Parent.
- **BE PREPARED TO LEAVE IMMEDIATELY AFTER CLASS.**
- **If your student, or anyone else in your family, exhibits any COVID-19 symptoms, the student SHOULD NOT attend class, and you MUST inform Master Brown.**  
Symptoms include: fever of 100.4 degrees F or higher, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- **If any of these situations occur, the student SHOULD NOT attend class, and you MUST inform Master Brown.**
  - **Anyone in your family has been exposed to someone showing symptoms of COVID-19.**
  - **Anyone in your family has been exposed to someone who has tested positive for COVID-19, whether or not that person is showing symptoms.**
  - **Anyone in your family has tested positive for COVID-19, whether or not he or she is showing symptoms.**

***Please note: Notification is required so we can contact other students and instructors who had contact with your student. No names will ever be shared in such a situation.***

**PLEASE SEE THE *ILLNESS POLICY* FOR COMPLETE DETAILS ON WHEN STUDENTS CAN RETURN TO CLASS IF THEY HAVE HAD OR BEEN EXPOSED TO COVID-19.**

**FAILURE TO ABIDE BY THESE POLICIES**

**Please take your responsibility seriously.** While we always want to be on the best of terms with all of our families, we also have a duty of care to those same families. Therefore, we are making it clear that a willful breach of these Policies will have consequences.

**We will enforce all of these policies with no exceptions as long as the situation requires caution. If you are not willing to follow these policies, contact Master Brown for options.**

**If you knowingly bring a student, any other family member, or anyone else representing your family, into the gym who is either showing symptoms or has been exposed to someone with the novel coronavirus, we reserve the right to take legal action if Cornerstone Unlimited Martial Arts, any of our students, their family members or our instructors is harmed by your negligence.**