

Energy Martial Arts[®] Academy

Family Martial Arts Centres

Covid-19 Safety Modifications and Protocols

We're thrilled to have entered Stage 3 and to be able to train in-person. Creating a safe training environment is something we can all do for each other. Please read the following:

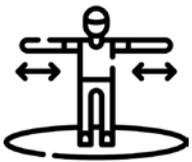


Face Masks and Self-Screening

Anyone entering the Academy is required to wear a face mask in common areas (with the exception of staff behind plexiglass.)

Students ages 9 and up are required to wear a mask throughout their training. Students ages 8 and under are strongly encouraged to do so. Each student will be provided with one Energy Martial Arts cloth face mask free of charge; additional masks will be available for purchase. PLEASE LABEL YOUR MASK.

All students and staff are required to self-screen for symptoms of or exposure to Covid-19 before entering the Academy each day, as outlined in our new Code of Conduct, which all students (or their parents) must sign before coming to train in-person.



Physical Distancing

Class size and visitors in the Academy at one time will be limited in line with municipal standards. We will ask that anyone with administrative/front desk requests please book a time to meet with our administrator in advance.

Students will be asked to maintain physical distancing in class, and there will be floor markings to help ensure that distance. Curriculum has been modified to ensure no contact. There will be no handshaking.

There will also be markings in the common areas of the Academy. The lobbies are closed, and we have created additional storage areas in the lobby for shoes.

Changerooms are closed; please change prior to coming to class. If you cannot change your pants, loose, comfortable pants are fine. You may put your top on over a t-shirt.

To help ensure proper physical distancing, Entry and Exit procedures for in-person classes will be as follows:

- Classes will be 40 minutes in length.
- Parents are asked to bring their students to the front door (on the sidewalk) and to collect their students also at the front door. There will be an instructor assigned at the front door for start and end of class times to ensure student safety.
- We ask that students **do not arrive prior to 10 minutes before the start of class.**
- Students will be dismissed in a staggered dismissal immediately after class; parents, please be on time but be prepared to wait a few minutes outdoors.



Cleanliness and Academy Modifications

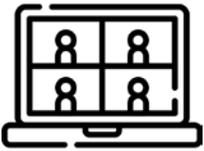
No-touch environment: Automatic doors will be installed by the end of August, and touchless faucets are installed in the washrooms.

Hand sanitizer is available throughout the Academy.

There are already separate HVAC systems for each classroom, and fans will be in use at all times. Available windows will be opened to ventilate classrooms.

Classroom floors will be mopped between each class. High-touch areas will be cleaned frequently. Plexiglass barriers have been installed at front desks.

When students use pads, those pads will be cleaned between each student's use. Students will not hold pads for each other.



Online Training

We will continue to offer an online training option. Students who are concerned about risk levels for in-person training are encouraged to register in these classes.

As we move into the fall, students who may be feeling a little unwell or who need to quarantine will be welcome to join online classes and the curriculum will be covered at the same pace and time (with a few modifications for online delivery.)

We are looking forward to welcoming you at the doors of the Academy or online!

The Energy Martial Arts Team