

MEMORANDUM of UNDERSTANDING

To: Parents and Students of Martial Arts Way *(FG/LG)*
From: Sensei Frank and Sensei Lenore Gaviola
Subject: COVID-19 Protocols for Martial Arts Way Indoor Classes Effective as of Saturday, October 3, 2020

To continue progressing through the Tiers and because your health and safety are important to us, we/you will follow these protocols:

- IF YOU ARE NOT FEELING WELL DO NOT ATTEND CLASS. CANCEL YOUR APPOINTMENT TIME SO THAT ANOTHER STUDENT MAY TAKE YOUR PLACE.
- **ENTER** the dojo using the back door. **EXIT** the dojo using the front door.
- Arrive in your karate gi ready to train at your appointment time. We ask you not arrive early or stay after your class. Do not congregate outside the dojo or in the back room or use the dressing rooms.
- We will ask you to thoroughly wash your hands (20 seconds) before and after training.
- Hand sanitizer and sanitizing wipes will be available throughout the dojo.
- We will and continue to sanitize counter tops, sinks, faucets, door handles, training area and the bathroom before and after each class.
- We will practice social distancing by keeping students at least six (6) feet from one another.
- Wear your mask keeping your mouth & nose covered. If you do not have one, masks are available at the dojo.
- Cough and sneeze into your sleeve or Kleenex.
- Training will only consist of tai chi, karate basics, katas, self-defense without a partner. There will be no physical contact with another student.
- If you want to wear socks while training, make sure you wear non-slip socks.