



## Waldorf Martial Arts

### Coronavirus Plan

The Centers for Disease Control and Prevention recommend we all take sensible steps to protect ourselves and others. This is essential to slow down the spread of any virus. When participating in our martial arts instruction you acknowledge you are responsible for safeguarding yourself and the others in the studio.

#### *Here is what we are doing:*

- >If you have a cold, cough, sniffles, or a fever. Do not come to class. **You will be sent home.**
- >**Temperatures are taken** as you enter the school. If you have a temperature of 99<sup>0</sup> or higher, you will be asked to leave.
- >All students should **come dressed** in their uniforms, ready to go. Students **should NOT** use the school bathrooms to change clothes.
- >Likewise, when class ends, **please exit** the building in a timely fashion, as staff are disinfecting. **No socializing** inside.
- >Use of restroom is **discouraged** except in the case of an emergency. GO before you get here.
- >**Masks must be on** when you enter the school and worn by all students, spectators, and staff at all times while in the school.
- >**Hand Sanitizer** is readily available for everyone's use.
- >**Social distancing** of 6 feet is in effect in the lobby and on the workout floor. We will accommodate spectators as best we can. However social distancing must be enforced among spectators. Once we reach our limit on the mat or the lobby, any additional spectators must wait in their vehicles. To make this transition smooth we need to just work with each other and be sensitive to everyone that is involved in our reopening. It is your responsibility to stay out of other's personal space. If you cannot do this on your own, you are asked to leave.
- >Attendance cards **are not available**. We will keep attendance as we have been doing on ZOOM classes.
- >**NO sparring gear or gym bags** inside the studio currently. You will not be needing them until contact drills are reinstated.
- >Shoes and other personal items must be **stowed under your bench/chair**. Not in the cubbies, due to social distancing guidelines.
- >Smaller children **are not allowed** to run around or play. They must sit quietly with their parent/guardian while class is run.
- >**Vending machines are not** operating, so bring your own drinks. If you bring a drink with you, make sure it is clearly labeled with your name and has a screw on top.
- >Anything left at the studio will be **discarded** daily to help protect students from possible contamination.
- >Hi-touch areas such as the seating, doorknobs, the half wall, the counter, the training floor, and training equipment are **disinfected after every class**.
- >The entire mat and lobby are **sprayed with a disinfectant fogger** at the end of the night.
- >When making purchases or payments at the school, please **use credit or debit** if possible.

**We appreciate you doing your part to keep everyone healthy and strong. The Centers for Disease Control recommendations are found here: <https://www.cdc.gov/>**

## Prevention & Treatment

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see [CDC's Handwashing](#) website

For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).