

HOLT DOJO'S IN PERSON PROTOCOL

PHASE 1: OUTDOOR CLASSES

Beginning: June 15, 2020



PROCESSES

ARRIVING TO THE OUTDOOR LOCATION

Check-in policy:

- The parking lot will be our check in point.
- Please arrive 10-minutes prior to your scheduled class and remain in your vehicle to be checked in. If not in a vehicle, continue following 6' distancing protocol at the check in point.
- The check in will consist of our team recording attendance, recording a temperature check (using a digital infrared non touch thermometer) and collecting the daily health screening form from you. Your health information will be kept private.
- We are asking all students to check their temperature before leaving their house. If you have a temperature above 99.6-degrees, please cancel your class immediately.
- All students will wear a facemask from their check in point to their designated training location. Please follow 6' distancing from the check in point to training location.
- At the training location, wearing the facemask will be optional. As instructors, we will not be wearing the masks during training as we will be following 14' distancing.

LEAVING THE OUTDOOR LOCATION

- Students will leave the training area and return to the check in point with the instructors using 6' distancing. We will bring your child to you.
- Please be at the check in area to pick up your child at the: 40-minute mark. They will naturally find it extremely hard to follow the 6' distancing when meeting up with their friends from the dojo after being away for months.

STUDENTS / FAMILIES

- Complete the Daily Health Screening form each day you or your child is training with us in person. This is available at www.holtdojo.com/reopen. With this, you will assess how you or your child is feeling before you leave the house. Sniffles, sneezing, sore throat, cough, temperature above 99.6-degrees, please cancel your class.
- Our outdoor karate uniform consists of comfortable clothes (ie shorts and a t-shirt), shoes or sandals and obi.
- Come to the outdoor location in this uniform ready to go. There will be no facility for changing.
- There are NO open bathrooms or hand washing facilities at this time.
- We will have hand sanitizer available.
- Bring with you:
 - Face masks. Must be worn walking to and from training location.
 - Sunglasses
 - Hat
 - Bugspray (parents, please spray before heading to training area)
 - Sunscreen (parents, please spray before heading to training area)
 - Water bottle

- Personal bag for items listed.

- Use 6' distancing at all times. Arriving, training, leaving, etc.
- NO partner contact for Phase 1.
- If the student or family member is showing any symptoms, or has been exposed, please do not come to the dojo. This is not the time to tough out the symptoms.

EMPLOYEES

- As employees, we will be recording our temperature and completing a questionnaire daily.
- If we, or a family member in the same household is showing any symptoms, or has been exposed, we will not come to the training location.

COMMUNICATION

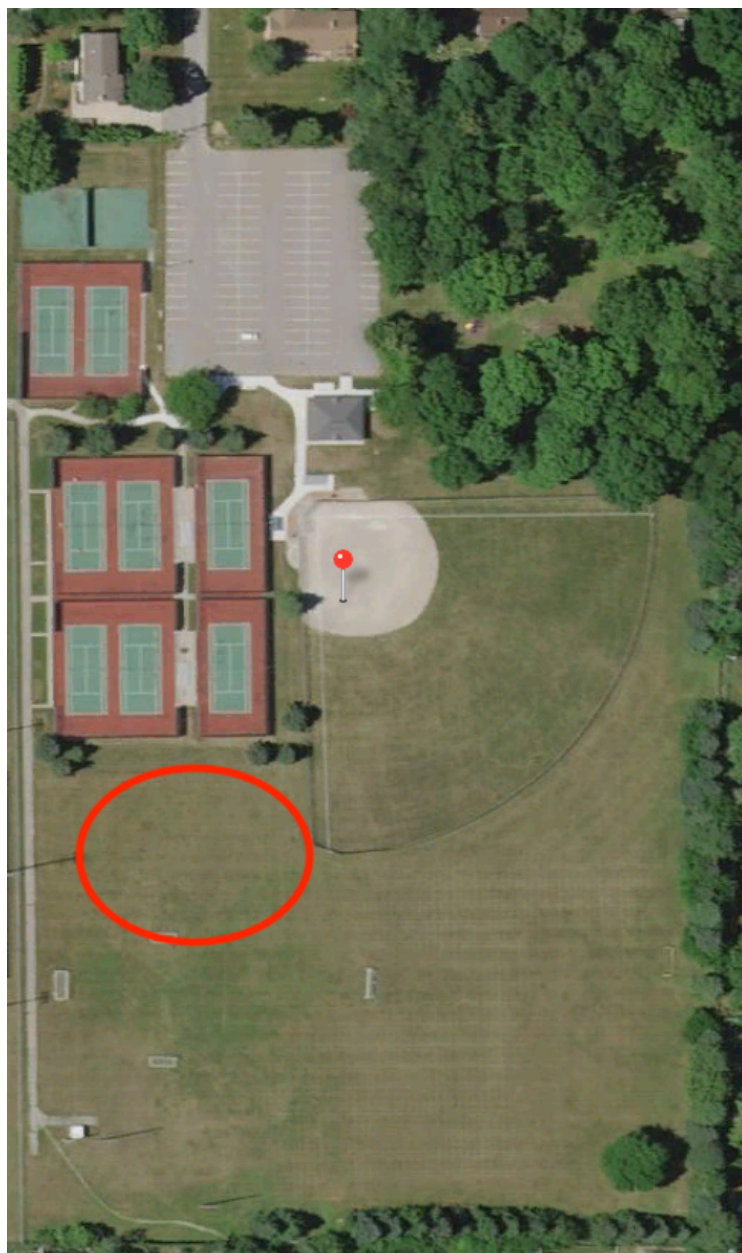
- We will continue to update everyone via group email. Please ensure we have your preferred email address.
- Find our page at Holt Dojo on Facebook and Instagram. Be sure to like, share and use our hash tag #holtdojo to stay up to date on our latest announcements.
- During outdoor classes, we will not be reachable by phone consistently.
- If a student in the dojo tests positive for Covid-19, we will notify our dojo families via group email which day and which class the student was in. We will not share whom tested positive.
- Going forward, we will be putting our most up to date information on a dedicated web page, at www.holtdojo.com/reopen. Be sure and look at current versions. We plan to have this up within a week.

CLASSES: IN PERSON PHASE 1 OUTDOORS

LOCATION

We will initially conduct our outdoor classes at Kiwanis Park in Holt. This is near Sycamore Elementary and behind the Holt Junior High School football field. We will meet and check you in at the parking lot, and walk to our designated training location, marked with the red circle in the photo.

Directions: From the corner of Holt Rd. and Maple St, go south on Maple St until it dead ends into Kiwanis Park. It is approximately 1-mile from the dojo. Our location is subject to change.



CLASS DISTANCING MEASURES

- Our classes will be following a 14' stringent safe distance protocol. Each student will have an orange cone noting his or her safe spot to train. This information was shared from an association dojo in Rhode Island. While this exceeds what has been presented currently in Michigan, we are committed to taking the most stringent safety measures possible based on scientific facts.

CLASS SELECTION

- Class choices will be either Monday & Wednesday **or** Tuesday & Thursday, with many class times available for each. We will not be able to mix the days during Phase 1. We appreciate your understanding.
- In addition to the 2 in person classes, our students are welcome to attend the Friday virtual classes as well.
- With reduced class sizes, students will not be able to do two classes in a row or attend a make up class in person. A missed class can absolutely be made up virtually however.
- Sparring will return upon loosening of the restrictions, during a later phase.

CLASS TIMES

Prior to Covid 19, our classes were "stacked". We had classes end and begin at the same time. While that process was smooth, it will not work today with social distancing being a priority. We are changing multiple things.

- Our class times will be changing (please see attached schedule). We will begin classes on the hour (at least for this phase), with the first class beginning at 3 pm.
- Youth classes will be 40-minutes long, allowing time for students to be picked up, proper sanitizing of the cones, and the safe arrival and check in of the next class.

INCLEMENT WEATHER

- VIRTUAL CLASS SCHEDULE with inclement weather cancellations.
 - 4:00 PM Youth Beginner
 - 5:00 pm Youth Intermediate
 - 6:00 pm Youth Advanced
 - 7:00 pm Adult and Teen
- Upon cancelling a class, students can access class virtually through the zoom link Adult Class (below). This link will be valid for all classes cancelled due to inclement weather.
Adult Class Zoom Meeting
<https://us02web.zoom.us/j/601035936?pwd=c0pvamlzUEE5ZDBxd2M3ckxXSE5BZz09>
Meeting ID: 601 035 936
Password: 000922
- If we know of a class cancellation in advance, we will notify families via:
 - Group email (please be sure we have the best email address for you)
 - Facebook post. Find our page at Holt Dojo on Facebook and Instagram. Be sure to like, share and use our hash tag #holtdojo to stay up to date on our latest announcements.
 - Remind.com. This is an additional form of communication we are setting up with our dojo families. It's a free text-based communication form and will allow us to quickly communicate with families. Please sign up by doing the following.
 1. Find the "remind app" in your devices App Store.

2. Create free account.
 3. Search and join class code "holtdojo" for up to date alerts regarding our classes.
- If we cancel because of an unexpected storm or event, we will notify everyone via Facebook post and Remind.com. In an outdoor setting we will not have the ability to do a group email.
 - If there is risk of a weather change, please be at the check in point throughout class.