



Lion's Pride Martial Arts

In-studio Participation Protocols

Please take note of the highlighted protocols.

Items in bold are new or updated as of December, 2020.

Prior to showing up for class:

- All students will need to arrive on time for class (not significantly before) and leave promptly afterwards. It is imperative that we start and end class on time and that all students vacate the studio quickly and safely.
- To the extent practicable, students aged 7 and up should enter the studio on their own. The reduced number of people in the studio will help us maintain safe social distancing. However, if necessary, one person aged 18 or older may accompany a minor student to class.
- Whenever possible, please do not bring siblings not enrolled in a Lion's Pride class to the studio. Reducing the total number of people in the seating area is key to maintaining appropriate social distancing. If unenrolled children must accompany you, please see that they stay in one seat/area. We do not have the staff or time to disinfect areas or equipment that wondering children may have touched.
- Students participating in in-studio classes are required to wear mat shoes. Most any flat-soled shoe with a non-marking bottom will suffice. Additional guidance is available at www.lionspridema.com.

Arriving at the studio:

- If there is a "stop sign" on the door, please do not enter the studio. This sign means that the staff is working through its disinfecting protocols and is preparing the studio for the next class. A staff member will remove the sign when it is safe to enter.
- Everyone entering the studio must use the hand sanitizer that is located just inside the front door or immediately go to the restroom and wash their hands.
- A health survey will be located at the hand sanitation station. Please review the health survey questions. By proceeding into the studio, you (and all those in your party) are indicating that all answers to the health survey questions are "no." Those who respond "yes" to any of the health survey questions must leave the studio immediately.
- Students will put their items (including shoes) in a cubby. Students must then change into their mat shoes.
- Only one person at a time is allowed in the bathroom area. Students and guests are reminded and encouraged to wash their hands regularly.

During class:

- Guests in the seating area must wear masks. (Previously, this was a recommendation.)
- **Students must wear masks, even during classes.** This is in accordance with the guidelines published by the Kentucky State government in December, 2020.
- There will be dots on the mat (6.5 feet apart) to help students gauge their distance from one another. Students will be reminded to maintain social distancing to the extent practicable.
- Students are encouraged to wear sparring gloves during the portions of class where we will be working on pads or bags.
- Students who cough or sneeze will be sent to wash or sanitize their hands before returning to class.

Other Ways LPMA is Working to Protect Our Students and Ourselves:

- Staff and assisting STORM members are required to wear masks.
- Hour-long classes have been shortened to 45 minutes so that the studio can be disinfected. Cleaning measures include disinfecting doorknobs, light switches, high-touch surfaces, chairs where observers have sat, equipment that was used in the previous class, and storage cubbies. Bathroom surfaces are also disinfected after every class.
- Lion's Pride is limiting each class to no more than 20 students and 2 instructors. (State guidelines allow for 50 students and 5 instructors.)
- Students will be subdivided into groups of no more than 10 (and 1 instructor) when necessary for proper instruction. These groups will not co-mingle during class. If an exercise requires a partner, students will be assigned a single partner for the entirety of the class. Members of the same family group enrolled in the same class will be paired together when possible. One-to-one and small group work will be limited to 10-minutes of class time.
- The mat is disinfected with an EPA List N disinfectant every day.
- Lion's Pride staff members monitor themselves for symptoms and take their own temperatures each morning. Illness reports are made to the office immediately.
- Pads and bags must be cleaned with a disinfectant between students. We encourage students to use sparring gloves and require them to wear mat shoes, which will significantly reduce equipment-to-skin contact.
- Sparring equipment cannot be shared (unless within a family group and with permission of the legal guardian).