



Lion's Pride Martial Arts

In-studio Participation Protocols

Prior to showing up for class:

- At the time of opening, class sizes are limited to 10 students per class. We anticipate being able to accommodate more in-person students as the summer progresses. If you have not received a separate communication from LPMA stating what class time your student is scheduled for, please contact Kathryn (kathryn.lpma@gmail.com) immediately.
- Classes will run shorter to allow our staff to disinfect high-touch surfaces and prepare the studio for the next class. Please see the class schedule for times.
- 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.
- 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.
- 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. Siblings who are not taking classes are not allowed, unless the child is an infant who will be staying in a car seat or on the adult's lap.

Arriving at the studio:

- If there is a "stop sign" on the door, please do not yet 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.
- 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 and attend our Zoom classes. A copy of the health survey is available at www.lionspridema.com.
- 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 hands regularly.

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During class:

- Students ARE NOT required to wear masks; their use by students is optional at the discretion of the legal guardian. We strongly recommend that students wear masks when entering and leaving the studio, and that guests in the waiting area wear masks. Staff are required to wear masks.
- There will be dots on the mat 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.
- No contact sparring will be allowed during class until further notice.
- Students who cough or sneeze will be sent to sanitize hands before returning to class.

Students and guests who are unable to comply with these safety standards will be asked to take class via Zoom.