



INTEGRATED MARTIAL ARTS STRATEGIES

COVID-19 PROTOCOLS

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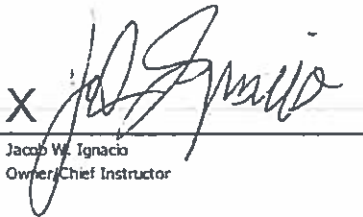
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Integrated Martial Arts Strategies plans to reopen its gym on August 1, 2020 to continue serving the community. Our goal is to create an environment where our Martial Arts/Fitness classes are safe during the Covid-19 pandemic.

GENERAL

1. Covid-19 signs will be posted at both the entrance and exit of the gym such as Face Masks required upon entry signs, Social distancing signs, Hand Sanitizing signs, Stay at home if your sick signs, and temperature check sign.
All individuals will only enter through the front entrance and exit through the exit.
2. Mandatory Temperature Checks will be conducted at the entrance to all persons entering the Martial Arts gym. Any persons with a temperature reading of 100.0 degrees Fahrenheit will not be allowed to enter and will be advised to seek medical attention. A sign in sheet will be utilized to keep track of all members that attend classes to assist with contact tracing.
3. Sanitizing station with hand sanitizers, sanitizing wipes, and alcohol spray will be at the entrance.
4. Handwashing station will be available for use.
5. Face masks are required to enter the Martial Arts gym and masks will also be available for any individual that will need a mask.
6. Social distancing will be conducted at all times during workouts and practices with 8x8 squares marked with tape on the training mats and floors.
7. Constant sanitizing of all surfaces, mats, training areas, restroom, and equipment will be conducted.
8. Sneeze guard will be placed and utilized at the front desk to protect customers and instructors.
9. All instructors will utilize face shields and face masks while teaching classes.
10. All Covid-19 protocols and procedures will be monitored and enforced.

X 

Jacob W. Ignacio
Owner/Chief Instructor

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GYM/DOJO LAYOUT

