

# GUAM MUAY THAI COVID-19 SAFETY PLAN

revised 19 APRIL 2021 PCOR3 BMP

## WELL BEING FOR STAFF AND GYM MEMBERS

1. Every person (staff and gym member) must go through check in procedure prior to entering:
  - a. Answer Covid 19 questionnaire
  - b. Temperature scan
  - c. Use of our provided hand sanitizer at check in counter or thoroughly wash hands in rest room with soap and water as per CDC guidelines
  - d. Mandatory sign in for contact tracing (first name / last name, phone #, temperature reading) in designated logbook at check in counter
2. Any person (staff / gym member) feeling symptoms or concerned about their health will be advised to leave facility immediately and to self-isolate for 14 days as per CDC guidelines.
3. Face mask required to be worn by all in common area and inside the gym during training sessions:
  - a. If breathing gets difficult during training, person can take a break to physically distance (6 feet) and remove mask temporarily before returning to training session
4. Covid 19 safety prevention and informational posters direct from CDC website are posted at all entrances, check in counter, and restrooms for high visibility for staff and gym members
5. Staff members are trained in thorough check in procedure and proper disinfection techniques in accordance with CDC guidelines
6. Note: Total number of staff members onsite during evening class sessions are two or three people for the duration of three to four hours. If a break is needed, social distancing measures will be followed. Breaks will also be staggered to avoid shared communal spaces. There is no break room or lunchroom in our facility which eliminates the sharing of food items for eating.
7. Gym members are briefed before start of class regarding Covid 19 procedures and safety during training
8. Hard copy of Safety Plan is accessible at front desk

## PHYSICAL DISTANCING

1. We will follow CDC guidelines for social distancing in accordance and compliance to current and future guidelines.
2. Every person must maintain a safe distance of 6 feet (2 meters) apart
3. There will be no gathering allowed in hallway before training, between training rounds, and after training:
  - a. Guests are prohibited from loitering in common areas during class if not actively participating in a class

- b. Parents of young children and gym member guests are recommended to wait in vehicles, If payments need to be made by persons other than gym member they must follow gym check in procedure (refer to item #1.a) and maintain social distance guidelines outside of the gym
  - c. At end of class session, staff and gym members must leave facility
- 4. Classes capacity will be limited in size:
  - a. 37 per adult classes (less 50 persons)
  - b. 22 per kids classes (less 30 children)

## **HYGIENE AND CLEANING**

1. We will follow CDC guidelines for cleaning in accordance and compliance to current and future guidelines.
2. Hand sanitizer is provided at check in counter, everyone will be required to use prior to checking in.
3. There will be no public use gear such as boxing gloves, shin pads, head gear for members.
4. Training equipment such as Thai pads, boxing mitts, kicking shields, heavy bags, etc. will be cleaned after each use by staff and / or gym member with provided sanitizing spray bottles and sanitizing solvent.
5. Cleaning supplies will be located on designated shelf in easily accessible and highly visible location
6. Classes will end 10 minutes early for the purpose of cleaning:
  - a. All equipment used will be sprayed with disinfectant spray
  - b. Check in counter, restrooms, and training floor will be cleaned
7. Restrooms supplies such as paper towels and soap will be checked and maintained and stocked.
8. Use of lockers and shower room is prohibited

## **PROACTIVE MEASURES**

1. In the event of a positive Covid 19 case
  - a. Internal contact tracing will be conducted through logbook immediately
  - b. All staff and gym members who were present same day as person who was tested positive will be notified immediately
  - c. All notified people will be instructed to get a Covid 19 test and self-quarantine for 14 days as per CDC guidelines
  - d. Facility will be closed temporarily for sterilization and deep cleaning
  - e. Exposed staff or gym member will not be able to return until negative test result and / or safe to do so as per CDC guidelines