

Third Eye Martial Arts COVID-19 Safety Measures

Greetings Members,

Third Eye Martial Arts is staying up to date on the Coronavirus (COVID-19) situation here in BC. We want to assure you that we are taking the appropriate measures to ensure the safety and well-being of our members. We will continue to monitor all of Health Minister's advisories to keep our members updated for any changes we are required to make.

We believe that exercising and maintaining a positive mindset are great factors in keeping the immune system strong and be part of the best defenses against COVID-19 (Coronavirus).

To ensure the safety of our members & staff we will be following The Public Health Agency of Canada advice to provide a safe environment that minimizes disruption to your training routine. Here are what we will do at our studios:

Important Things to Take Note of:

- ❖ 10 minutes gap between each class to disinfect the mats and equipment
- ❖ To keep the 6 feet physical distancing, we have a limited number of students per class. Please call or send us an email to reserve your spot in class
- ❖ Students must come ready to train in their uniforms. DO NOT CHANGE IN THE STUDIO
- ❖ Hand sanitizer stations are available at several locations in the studio and students are encouraged to use them or wash their hands with soap
- ❖ We ask that parents do not stay to watch the class. Please drop off and pick up students outside to limit foot traffic within the studios
- ❖ There is a separate entrance and exit doors
- ❖ Curriculum have been modified so that there's no physical contact between instructors and students

- ❖ Sparring and self defense will be carried out as a non-contact practice unless they are in a cohort of 6 people wearing masks.
- ❖ It is recommended that all students wear masks and Taekwondo shoes or at the very least socks. Taekwondo shoes are recommended to prevent slipping on the mats.
- ❖ Cleaning Procedure and Precautionary Measure in Place

Controlled access

- ❖ At least one staff member at all entrances before and after classes
- ❖ Observe for symptoms in patrons before allowing them to enter the studio
- ❖ Students with any symptoms of Covid-19 will be advised to stay home
- ❖ Hand sanitizer and cleaning solutions offered before entering and exiting studio

Limit occupancy

- ❖ Max 10 students at Dunbar Location, 20 students at W8th Location
- ❖ Since parents are advised to wait outside, if you'd like to speak with a staff member please make an appointment to come into the studio

Disinfecting every part of the studio

- ❖ All disinfectants used on mats and equipment has been confirmed to be effective against SARS-CoV-2
- ❖ Door knobs, handles, and railings disinfected after each class
- ❖ Mats/ floors/equipment disinfected after every class
- ❖ Studios will be well ventilated bringing in fresh air from outside

Staffs taking precautionary measures

- ❖ Instructors and staff members will be required to wear a mask or be behind plexi-glass
- ❖ Staff who have symptoms of the illness must not work and need to self-isolate and contact their care provider

Signs Posted

- ❖ Markers on mats to enforce 2 meter social distancing
- ❖ Signs around the studio enforcing social distancing and Covid-19 awareness

Once studios are open, online classes will still be running but less frequently. YouTube and Zoom classes will be available as a supplementary course included in your membership so that you can still train from home on days we are not open.