

## How are you keeping children safe and healthy in your centers?

We have made changes to our facilities, programs, and procedures to allow our staff members and students to have maximum safety while attending programs and classes at EMA. These measures will remain in place as long as it's necessary.

In our centers, we are practicing the following actions:

1. Diligently following our hygiene and cleaning procedures, including disinfecting high-touch surfaces like door handles and sanitizing more frequently. We are also regularly practicing hand washing and respiratory etiquette as recommended by the CDC.
2. We ask that you limit your time in our center when dropping off or picking up your child/children. Whenever possible, based on age and ability, we ask that children enter alone and that you arrange to meet them in front of our center after classes. When you are in the center, we are asking for your help to keep your visit as brief as possible and that you are careful not to touch too many surfaces in the room.
3. Continuing to emphasize the importance of hand washing that is aligned with the CDC recommended 20-second hand washing techniques and reinforcing this action with children multiple times throughout the day.
4. We are asking for your partnership to help us keep our sites free of illness. If your child has had a fever or trouble breathing, we ask that they stay home until they have been symptom-free for at least 72 hours. To ensure the safety and well-being of everyone in our community, we are being vigilant about enforcing our existing policy of excluding sick children and employees. While we realize this may be a burden, staying home when sick is one of the best ways to keep illness from spreading.

## Evening classes (TKD and Tigers TKD)

1. If possible, families should have one person designated for drop off and pick up from our school. No one will be permitted to wait in the lobby during or between classes.
2. When students arrive at our center, they will have their temperature checked (using no-touch infrared thermometers) before they are permitted to join class. Individuals with a temperature reading of 100.4°F or higher will not be permitted to enter.
3. Our staff will check students in for their attendance.
4. Face masks and coverings are required for all ages when in class. We will modify drills to accommodate the wearing of face coverings as necessary.
5. Students will keep 6 feet of social distancing in the classroom. Exceptions will be made for family members.
6. Partner drills will be adjusted to keep our participants at the 6 feet distance while practicing these skills. Exceptions will be made for family members.
7. Students will bring their own water bottles that you can refill at home to limit exposure to public water fountains.
8. Students will not need to bring their sparring gear as we will not have partner sparring for the time being. We will inform our members when we are ready to begin partner sparring again.
9. Students should arrive in their uniform and belt. Students need to wash their uniforms/shirts after each practice.
10. Students should wash their hands with soap and water or use hand sanitizers before and after each class.
11. We recommend students wear shoes they can get on and off without assistance.
12. Our class length has been adjusted to give staff members more time to clean and disinfect, as well as to allow more time for members to transition between classrooms.

## Summer Camp/After-School Students

1. Families are asked, if they are able, to assign one family member for drop-off and pick-up to minimize exposure to multiple people. To protect our most vulnerable community members, we ask that grandparents do not drop off or pick up if possible.
2. When students arrive at our center, they will have their temperature checked (using no-touch infrared thermometers) before they are permitted to attend for the day. Individuals with a temperature reading of 100.4°F or higher will not be permitted to enter.
3. Face masks and coverings are required for all ages when in class. We will modify drills/activities to accommodate the wearing of face coverings as necessary.
4. Please keep yourself/your child home if they/you are showing signs of a cold/flu. This will help prevent the spreading of illness and any other viruses. If your child has had a fever or trouble breathing, we ask that they stay home until they have been symptom-free without medication for at least 72 hours. If you chose to keep your child at home, just call our center and let us know. Keep us informed of any serious illness in your household as necessary.
5. If a student develops a fever during the course of the day, they will be isolated away from students and staff until they are picked up from our center. The isolation area will be cleaned after their departure. We will notify parents of other participants by email so they can monitor their children for symptoms.
6. Students will wash their hands with soap and water or use hand sanitizer throughout the day including, but not limited to, arrival, before and after eating, after all activities where equipment is shared, and departure. Our centers will have hand sanitizer available, but students may also bring a personal hand sanitizer if they wish.
7. Students will strive to keep 3-6 feet of social distancing throughout the day. This will include rest times, activities, and meals. Family members from the same household will be permitted to interact without this social distancing limit.
8. Students will eat lunch/snacks in small groups and not in our common family-style arrangement.
9. Students will bring their own water bottles that can be refilled at home or in our sinks to limit exposure to public water fountains.
10. All students will change in and out of their uniforms for class individually. Exceptions will be made for family members.
11. Students will not need to bring their sparring gear. We will inform our members when we are ready to begin partner sparring again.
12. When riding in EMA vehicles, all students will be required to wear face covering. Seats will be assigned to maximize social distancing as much as possible.
13. There will not be any shared EMA toys available. Students are encouraged to bring toys/activities from home that they can use on their own during down times while social distancing (books, Legos, puzzles, art supplies, plush toys, action figures, etc). Students will not be permitted to share toys or electronics. Exceptions will be made for family members.
14. We will aim to have our camp groups spend as much time outdoor as possible during the day. Weather permitting, we will be using open areas around the school for activities such as rest times, meals, and possible group activities.
15. We recommend students wear clothes/shoes that they can get on and off without assistance.
16. Our child day programs (after-school & camps) are exempt from Virginia requirement for licensure under code 63.2-1715, Section B. School age participants may come and go, to and from our programs, as they wish.
17. Individual EMA locations may adopt different pick up or drop off procedures to maximized social distancing. Your location's staff members will communicate this with you at the start of your program and provide updates as needed. Please see the attached outline for your location's drop off and pick up procedure for camp this summer.

## General questions.

### How does Elite M.A. Centers make decisions regarding coronavirus?

We're consulting the latest guidance and direction from the CDC and state and local health departments to respond to changing conditions as quickly as possible. The CDC ([www.cdc.gov](http://www.cdc.gov)) is a good resource for the latest information on how coronavirus spreads.

### What are your criteria for closing a center?

We continue to closely follow the guidance of the local health department. If a case of coronavirus is found at the center, we would follow direction of public health officials. We'll be sure to communicate with you quickly so you are informed about all actions we take.

### How likely is it that the center would close?

Due to the many unknown factors and the continued changes, we cannot determine the likelihood of a closure. We continue to closely follow the guidance of the local health department.

### How would we be notified about closures and reopening?

We will communicate with you via email, our Elite M.A. Centers website ([www.emacenter.com](http://www.emacenter.com)), and our Facebook page regarding any closures.

### Will you continue to enroll families during this outbreak?

We are currently enrolling for all of our programs. We welcome all families to join our center as long as they have not been exposed, are symptom-free and there are no restrictions from the health department.

## Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Elite M.A. Centers ("the Center") has put in place preventative measures to reduce the spread of COVID-19; however, the Center cannot guarantee that you or your child(ren) will not become infected with COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Center and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Center may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Center's employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Center or participation in Center programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Center, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Center, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Center programs.

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Signature of Parent/Guardian

Date

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Print Name of Parent/Guardian

Name of Center's Participant(s)