

COVID-19 Plan @ Ryer Martial Arts Academy

Updated 9/1/2020

As we resume In-Person classes, it's essential that we follow the guidance being given by my local, state and federal health departments.

- If you or someone close to you are/ have been sick in the last fourteen days, please stay home and you can attend Virtual classes.
- If you or someone close to you has traveled out-of-state in the last fourteen days, please stay home and you can attend Virtual classes.
- We ask high risk members to not attend In-Person classes. High risk members include people with serious underlying medical conditions and people who are immunocompromised.
- Healthy hygiene practices will be reinforced; including, mask wearing and washing/ cleaning hands.
- There will be no contact during the class and solo training will be overseen by the teachers from the recommended social distance.
- Members should arrive in a clean, modified uniform (uniform pants and an academy t-shirt). No belts should be brought or worn.

For Indoor, In-Person classes extra precautions are in place.

- Everyone is required to wear a mask/ face covering as mandated by the Commonwealth of Pennsylvania in their Universal Face Covering Order. For frequently asked questions about the order, [click here](#).
- Members will be asked to wash their hands prior to classes.
- Members will under-go a daily screening, including; temperature checks prior to classes.
- We request that only members attend. No visitors at this time and parents are asked to drop off and pick up.
- Members are encouraged to wear slide on/ off street shoes. Members are encouraged to wear clean, martial arts/ wrestling shoes or socks (like jump socks) to train in. No bare feet will be allowed.
- Members will be asked to limit belongings to essentials only.
- All changing rooms will be closed and restrooms will be restricted to "need to" use.

- The class schedule will have a window of time between In-Person classes. This will allow the teachers to sanitize and disinfect between each class.

If attending Indoor, In-Person classes at Ryer Martial Arts Academy we will ask you to follow these guidelines upon arriving.

1. Please wear a mask and enter the front door at Centre Avenue. We have installed a hand sanitizer station as you immediately enter the academy. Please utilize as you walk in.
2. You will proceed to the front desk to check-in where you will be asked to wash your hands and your temperature will be taken and recorded.
3. You will be assigned a number that correlates to the shoe rack and individual, training mat you will use. You will then proceed to the shoe rack area.
4. Once your belongings are placed in the shoe rack, you can proceed to your assigned individual, training mat which has been measured to exceed the criteria for social distancing.
5. Once the class has ended, each member will be excused one by one. Members will be asked to use hand sanitizer as they leave the training mat and make their way to the shoe rack. Once you have your belongings, you will exit out the back door at Graham Street.

Again, I stress that the safety and well-being of our members is my top priority. I will continue to do all that I can to make sure we act upon that priority. If you have any questions or concerns, you can contact me directly at 412-621-7937 (call or text this number) or josh@ryeracademy.com.

**Respectfully,
Josh Ryer**