

Classes @ AMA

REOPENING BLUEPRINT

Phase One

Commencing August 7

Congratulations, you have successfully registered for your class at the Dojo.

We are looking forward to connecting with you once again in class; so are your fellow students. Relationships are an important part of Martial Arts training, many of us have friendships at the Dojo that have spanned years or decades.

When you arrive at the Dojo, everyone will be practicing social distancing; however, this does not stop us from catching up. Please feel free to share and connect, while you are at the Dojo; we just ask that you respect everyone's space.

In this first step towards returning to class we can expect many small changes to happen over the next few weeks. This outline details class procedures and practices, for our first phase of returning to classes at AMA.

Class Structure

Social distancing and time needed for cleaning will limit classes to 40-minutes, with a 20-minute turnaround between classes. This time will allow for students to enter the Dojo and reach their training space in safely. It will also allow students to exit in the same safe manner and give our instructor sufficient time to clean high contact surfaces.

- Onsite classes will be 40-minutes in length.
- Students will have a defined training area marked out in the Dojo.
- There will be NO contact training offered during this phase.
- Students will be required to come to the Dojo in ready to train attire (Gi), since there will be no access to change rooms.
- Students are asked to bring a small plastic bag to keep their outdoor shoes and personal items in. This bag will be placed on the floor in your training area during class.



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Your Class

Before entering the Dojo, you will see a Public Health (Government of Ontario) message posted on the door; with questions you need to answer truthfully before you enter.

- There will be no change rooms available during this stage, you need to come to the Dojo dressed for class.
- Students arriving for class will be admitted into the building **5-minutes** before their class is scheduled to begin.
- Doors will be locked at the beginning of class; ***there will be no late admittance.***
- At this time, to best serve our students and maintain social distancing, we cannot allow parents or spectators in the building during class.
- In compliance with Peel Regional regulations, your mouth and nose must be covered with a mask or other face coverings in all indoor public spaces. While you transition through the common areas, to the training area, this mask must remain in place.
- When you enter the Dojo, we ask that you remove your outdoor shoes and put them in your plastic bag. Feet must be covered in all common areas; you can transition to indoor footwear for training at this point or keep your socks on until you reach your training space.
- Before continuing to the training area, it is required that you sanitize your hands. There is a hand sanitizer station in this area for your convenience.
- After entering the Dojo please move to the furthest available training area, this will allow students entering after you to maintain Social Distancing, as they travel to their space.
- Once you are in your training space you can remove your mask, if you wish, and place it in your plastic bag of belongings. If you wish to train in bare feet, you can now remove your socks now and store them in your bag.
- Everything you will need for the days class and all of your belongings must be secured within your training area before class begins.
- You will remain within your training space throughout the entire class.
- After class is dismissed, those students closest to the exit will gather their belongings and leave in a manner that maintains the Social Distancing procedure that was observed when entering.

Thank You
Your AMA Family



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