



COVID Guidelines

Dear Elite Martial Arts Students and Families! We continue to expand our opening as the pandemic subsides! Thank you kindly for your continued patience and support. It means a lot to our team! Please review the following guidelines (however, understand circumstances are subject to change based on local/national regulations):

- All students and parents must sign a **COVID Release Waiver** for indoor classes.
- We are allowed to operate at **35% indoor capacity**, with no indoor spectators allowed.
- Upon arrival, all members will be **screened** before entry indoors (temp, breathing, etc.).
- A Staff Member will indicate when it's safe to enter.
- Masks are required for classes until further notice.
- Hands must be sanitized upon entry.
- Arrive and leave in your uniform; socks/sneakers placed in lobby cubbies.
- Classes are 30-45 minutes depending on age group.
- Mats will be cleaned between and at the end of classes.
- One person at a time in a bathroom.
- After class, children will be escorted/assisted directly back to parents outside.
- We will be running air conditioning to keep the air circulating
- Please consider a designated partner to work with.
- If you **FEEL SICK** in any way, **STAY HOME** (and participate virtually)