

# RELAUNCH PLAYBOOK

## Pre-Training Requirements:

Prior to first class, and to reinstate your membership (all paying bi-weekly, pay-in-full, & on-hold memberships), please complete the following:

- Sign COVID-19 Waiver using link <https://www.mystudio.academy/e/?=Kanata/3175/173109///1593464252>
- Muay Thai students must register with MuayThai Ontario as a recreational student, at no cost to students. <https://muaythaiontario.org/documents/recreational-membership/>
- Parents remaining on premises with children, must notify us in advance via email, as our capacity numbers are limited. Live streaming of classes will be made available.
- Please self screen before arriving at academy
- Students must register for class prior to arriving as numbers are limited. <https://www.mystudio.academy/Mobile/?=Kanata/3175///1593019530>
  - Access to online scheduler will not be available until we have received your signed waiver

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### Arriving For Class

Please remain in your vehicle, or 6ft away from the entrance and other students, until you are prompted to enter. Prior to entering the facility, all visitors and students will be verbally screened for symptoms of illness and confirm they have not travelled out of the province in the last 14 days. Club members should perform a COVID-19 self-assessment questionnaire before they leave their home.

Require face coverings for visitors 12+, optional for youth ages 3-12, and not allowed on children under 2

Students to enter with PPE (or face cover) but will not be required to keep it on during training

Logs will be kept to track ALL persons entering and leaving the facility by name, date, and time.

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### Social Distancing Guidelines

Classes will be limited to 9 students & 1 instructor, with 6ft social distancing enforced at all times

Please follow social distancing queues throughout academy

Cashless point-of-sale systems, including Square & MyStudio, will be used

No spectators allowed in the facility, other than one accompanying guardian for students under the age of 7. Classes can be streamed live outside of facility for parental supervision

At all times, 2 metres (or 6 feet) between persons will be maintained. If this is not possible outside of the training area, individuals shall wear a mask or face covering that covers the mouth and nose.

Access to change rooms, locker rooms, and shower facilities. will be closed off

No sharing of any other communal areas and personal items (such as gloves or water bottles).

2 metres (6 feet) between individuals will be maintained unless they live in the same household (referred to as family units).

Students will stay within their training area for the duration of class; training area marked off on floor and/or walls.

Training will be individual based with no physical contact, such as shadow boxing, solo drills, bodyweight exercise.

Hand-to-hand partner drills are allowed for family units only; a 2-metre distance must be maintained between each family unit.

Each heavy bag must have a dedicated zone indicator to ensure the user stays within the restricted zone of 2 metres away from other students.

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**Sanitization/Hygiene**

Require use of automatic sanitizer upon entering and exiting facilities

Mandate industry-regulated protocols for staff, volunteer, trustee, and visitor safety, and behavior

Any training equipment must be used by only one student or family unit per class; no multi-use between students in a class even if disinfected between uses.

At no time shall gloves of any type (including hand pads) be shared.

Hand wraps must be worn and removed within the student's training area.

Students to arrive in class wearing uniform

Students must have washed uniform for every class

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