

CORNERSTONE UNLIMITED MARTIAL ARTS HEALTH & SAFETY POLICIES

GENERAL SAFETY POLICIES

CLEANING POLICIES

- Mats and equipment will be cleaned after classes with a solution designed specifically for use on martial arts mats and equipment.
- Bathrooms and entryway will be cleaned once per week.
- Gym floor will be vacuumed as needed.

GYM POLICIES

- **Children in the waiting area must be supervised at all times by a parent. Loud play or running is not allowed at any time.** Families are encouraged to bring quiet activities for siblings and students who must wait. (If a situation arises where a **student** is required to wait for a parent to return after class, please make sure that Master Brown is aware and that the student has a quiet activity. Siblings may not be left without a parent at any time.) Additionally, children are only allowed on the playground with **adult supervision**.
- **Treat the gym with respect.** Clean up any mess you make.
- **Please do not smoke anywhere on the campus.** If it is absolutely necessary, please smoke inside your vehicle with all of the windows rolled up.

STUDENT POLICIES

- **Students should arrive no more than 15 minutes before class begins, and students should be picked up promptly at the end of class.** If you have a situation that requires an earlier arrival time or a late pick up time, please see Master Brown.
- **Students under the age of 15 will not be allowed to leave the gym without a parent or a designated *adult*. PARENTS SHOULD NOT EXPECT THEIR STUDENT(S) TO MEET THEM OUTSIDE.** If someone else is picking up your child, please make sure to alert Master Brown.
- **Students should wash hands before each class.** Additionally, hand sanitizer may be offered to students during class before contact training.
- **No bare feet in the bathroom.** This rule applies to *all* classes not just when the mats are out.
- **No shoes on the mats.** (Students who have a medical condition may request an exception to this policy. Each request will be considered on a case by case basis. If students are allowed to wear shoes on the mats, the shoes must be kept specifically for that purpose and must NOT be worn outside or on other surfaces.)
- **Students should keep their fingernails and toenails at an appropriate length.** The nail should not extend past the end of the finger or toe. Parents are requested to assist younger children in maintaining their nails.
- **Students MAY NOT wear any jewelry in class.** This includes, but is not limited to, ear rings, any other piercing, rings, bracelets, anklets, and necklaces.

Exceptions: (continued on next page)

1. Students who have recently had a piercing should inform Master Brown for instructions. Once the initial period has passed, students must conform to the normal policy.

Exceptions: (continued)

2. Fitness trackers (like Fitbit or Apple Watch) may be worn. However, students will be asked to remove these during certain activities where the tracker/watch may be damaged and/or the tracker/watch poses a risk of injury to the student or his/her partner.

3. Married students may wear silicone rings.

- **Students should not use products with strong scents including perfume, cologne, body sprays or essential oils prior to class.** These types of products can cause issues for students who have allergies or asthma.
- **Students should maintain a high level of personal hygiene.** Uniforms should be washed each week. Students who are pre-teens and older should make sure to use deodorant prior to class (keeping in mind the item above about strong scents).

CONCUSSION AWARENESS

- * We make every effort to keep our students as safe as possible especially in regard to head injury. However, as martial arts training is a dynamic activity, the possibility of injury exists.
- * **Information relating to concussion awareness is available on our website.** Please take the time to review this information with your student. Parents and Adult Students are strongly encouraged to ask their physician about baseline testing for each student and to seek further information on the *CDC Heads Up* website.

ILLNESS POLICIES

Please take these policies seriously. If there are any doubts, the student should stay home.

GENERAL POLICIES

- **If a student misses school or work due to illness, they should not come to class that day.**
- **Students showing any signs of illness, including symptoms of respiratory illness, conjunctivitis (pink eye), any serious skin rash, or any other symptom that poses a safety issue for the student or for others should not come to class.**
- **Students who have been ill with a respiratory illness may return to class when symptoms have improved AND there has been no fever (without the use of medication) for 24 hours.**
- **We reserve the right to deny entry to or to remove a student from class if they are showing any symptoms that pose a risk to themselves or others.** This includes, but is not limited to, severe cough that can't be controlled with a water break, obvious rash (parent will be consulted first about medication), more than incidental sneezing, and/or obvious intestinal distress. If this step is taken, the student will not be charged with a class for that day.
- **Please make sure that your child knows to cover his/her mouth and nose each time he/she sneezes or coughs.** The "elbow cover" method is required (using the inside of the elbow rather than hands).
- **Children who put their fingers into their nose or mouth during class will be asked to wash their hands immediately.** Parents will be asked to help younger children.

FAILURE TO ABIDE BY THIS POLICY

Please take your responsibility seriously. While we always want to be on the best of terms with all of our families, we also have a duty of care to those same families. We will enforce all of these policies with no exceptions.