

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

- We will continue to use fans to provide added ventilation during classes.
- **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.
- **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.

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. See next page for additional information.

Exceptions:

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.
 2. Fitness trackers (including Apple Watches) 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.
- * **Each family will receive information relating to concussion awareness.** 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

- **Students showing any signs of illness, including symptoms of COVID-19, 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.** (See additional information below about COVID-19 Policies.)
- **We reserve the right to deny entry to or 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.
- **If a student misses school or work due to illness, they should not come to class 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 strongly recommended (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.

COVID-19 SPECIFIC POLICIES

- **If any of these situations occur, the student SHOULD NOT attend class, and you MUST inform Master Brown.**
 - The CUMA student exhibits any COVID-19 symptoms.
 - Anyone in your family has been exposed to someone showing symptoms of COVID-19.
 - Anyone in your family has been exposed to someone who has tested positive for COVID-19, whether or not that person is showing symptoms.
 - Anyone in your family has tested positive for COVID-19, whether or not he or she is showing symptoms.
 - Exposure means being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24 hour period

Please note: Notification is required so we can contact other students and instructors who had contact with your student. No names will ever be shared with others.

- **Students who have symptoms of COVID-19 may return to class:**

After 5 full days if fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving.

If the student was severely ill with COVID-19:

The student may return to class after at least 10 days. Consult with the student's doctor before returning to class.

- **Students who have a positive test for COVID-19 but have no symptoms may return to class:**

After at least 5 full days from the date of a positive test

- **Students who have been exposed to COVID-19 but have no symptoms may return to class:**

With a negative test result (if the student tests positive, please follow the policy above)

STUDENT WHO HAVE COVID SYMPTOMS OR TEST POSITIVE ARE REQUIRED TO WEAR A MASK IN CLASS UNTIL 10 FULL DAYS HAVE PASSED SINCE ONSET OF SYMPTOMS OR POSITIVE TEST.

IMPORTANT NOTE

We reserve the right to reimpose mask requirements for all students and spectators if the situation requires such measures in the future.

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. Therefore, we are making it clear that a willful breach of these Policies will have consequences.

We will enforce all of these policies with no exceptions.

If you knowingly bring a student, any other family member, or anyone else representing your family, into the gym who is either showing symptoms of or has been exposed to someone with COVID-19, we reserve the right to take legal action if Cornerstone Unlimited Martial Arts, any of our students, their family members or our instructors is harmed by your negligence.

Furthermore, under Georgia law (SB 359, Section 4, 51-16-3(a)(2), there is no liability for an injury or death of an individual entering our premises if such injury or death results from the inherent risks of contracting COVID-19. You are assuming this risk by entering, and allowing your student or other family members to enter, our premises.