

COVID-19 Plan @ Ryer Martial Arts Academy

Updated 6/28/2021

At Ryer Academy, the safety and well-being of our members is our top priority. Since March 2020, we've implemented a COVID-19 plan and it continues to be updated. We ask all members to follow these guidelines for In-Person classes.

- In the Youth Program, we will continue to follow the masking guidance from the C.D.C.. In further detail, we ask children to continue to wear masks during indoor classes. Masking during outdoor classes is optional and can be decided by your family moving forward.
- In the Adult and Teen Programs, masking is optional indoors and outdoors for members.
- Healthy hygiene practices will be reinforced; including, washing/ cleaning hands.

For Indoor, In-Person classes extra precautions are in place.

- Members are asked to wash their hands prior to classes.
- Members are encouraged to wear clean, martial arts/ wrestling shoes or socks (like jump socks) to train in.
- Two clinically tested and medical grade, air purifiers have been installed.
- The class schedule has a window of time between In-Person classes. This allows the teachers to sanitize and disinfect between each class.

If attending Indoor, In-Person classes; we ask you to follow this process.

1. Please enter the door at Centre Avenue. We have installed a hand sanitizer station as you enter the academy. Please utilize as you walk in.
2. You can then proceed to the main lobby to wash your hands.
3. You will be assigned a number that correlates to the shoe rack and individual, training mat you will use. You can then proceed to the shoe rack area.
4. Once your belongings are placed in the shoe rack, you can proceed to your assigned individual, training mat.
5. Once the class has ended, members will be excused to the shoe rack. Once you have your belongings, you can exit out the door at Graham Street. We have installed a hand sanitizer station as you exit the academy. Please utilize as you walk out.

We've implemented a plan to gradually resume contact in classes.

- Once a majority of members in each program become fully vaccinated; members are asked to select a training preference; no-contact or contact. If contact is preferred; a training partner is assigned. Training partners will work together for the duration of the class.

Please remember if you feel sick; rest at home. If you have any questions or concerns, you can contact me directly at 412-621-7937 (call or text this number) or josh@ryeracademy.com.

**Respectfully,
Josh Ryer**