

COVID-19 Plan @ Ryer Martial Arts Academy

Updated 5/1/2021

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.

- Everyone is asked to wear a mask/ face covering indoors and outdoors. We are aware of the new guidance as of April 27th, 2021 by the C.D.C. and the Pennsylvania Health Department. For information about the updated Mask Guidance, [click here](#).
- If you or someone close to you are/ have been sick in the last fourteen days, please stay home and attend Virtual classes.
- We ask high risk, unvaccinated members to not attend In-Person classes and attend Virtual classes.
- Healthy hygiene practices will be reinforced; including, washing/ cleaning hands.
- We will accommodate different levels and phases of contact based on an individual's training preference.

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

- Everyone is asked to wear a mask/ face covering.
- Members are asked to wash their hands prior to classes.
- Members will under-go daily temperature checks prior to classes.
- We request that only members attend. No visitors at this time and parents are asked to drop off and pick up.
- Members are encouraged to wear clean, martial arts/ wrestling shoes or socks (like jump socks) to train in. No bare feet are allowed.
- Members are asked to limit belongings to essentials only.
- All changing rooms are closed and restrooms are restricted to "need to" use.
- Two clinically tested and medical grade, air purifiers have been installed. These purifiers operate 24/7. In addition, all windows will be kept open during training.
- 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 for arrival and departure.

1. Please wear a mask and 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 and get your temperature taken.
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, each member is excused one by one 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.

- Youth and Teen members continue to train no-contact unless a family requests a training partner and considerations will be made on an individual basis.
- Adult 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. We also present classes with different phases of contact. We are currently in Phases 1 and 2.
 - Phase 1: Solo practice with no contact within six feet or beyond of physical distance.
 - Phase 2: Combination of solo and partner practice with limited contact within six feet of physical distance. Contact will occur in long to medium range of training. All close range training will be practiced solo.
 - Phase 3: Combination of solo and partner practice with contact within six feet of physical distance. Contact will occur in all ranges of training.

Please remember to remain disciplined in your daily practices and 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**