

## Martial Posture Pandemic Re-Opening Rules and Guidelines

Martial Posture is committed to providing a safe and healthy workplace for all our staff and students. To ensure a safe and healthy workplace during the COVID 19 pandemic, we have developed the following COVID-19 Preparedness Plan.. All Martial Posture employees and staff are responsible for implementing this plan. Full cooperation from all Martial Posture families and students is critical to our collective success. Our goal is to mitigate the potential for transmission of COVID-19 (and all illness) in our workplace and throughout our communities. Only through this cooperative effort can we establish and maintain the safety and health of our community.

All Martial Posture staff, instructors and administrators, are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan.

Martial Posture teachers and supervisors have our full support in enforcing the provisions of this policy. Martial Posture COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Health guidelines, and OSHA Standards related to COVID-19.

### **Safety Requirements for parents/ guardians of Martial Posture students:**

- *Before leaving home*, Take your child's temperature.
- Do not attend camp if:
  - your child(ren) or anyone in the family is showing signs of illness
  - you or anyone in your household has been in recent contact with someone showing signs of illness
- Discuss with your child(ren):
  - the importance of maintaining mindfulness and discipline around spreading illness. Please see section on \*Masks\*
  - Children that lack maturity and discipline to adhere to Martial Posture policies should not enroll in in-person camp.
  - Children that are identified as showing difficulty in adhering to Martial Posture policies will have to leave camp immediately and are prohibited from returning.
- When campers arrive, a Martial Posture staff member will conduct a health and temperature check. This is required of all campers, without exception. The health check will consist of a verbal questionnaire on the past few days of the family's and child's health condition, and whether there has been any contact with individuals presenting illness. Anyone that has symptoms of illness such as excessive coughing, sneezing, irritability, fussiness, or fever will not be permitted into the building. Parents must remain with their child(ren) until health check is complete.
- Children will be required to sanitize their hands upon arrival.
- Parents are not permitted in the building unless they've completed a temperature check. Parents will only be allowed to enter the building in an emergency, or if our staff has deemed it necessary. Any individuals presenting a temperature of 100 degrees Fahrenheit or showing symptoms of sickness will not be permitted to enter the building. No guests are permitted in the building.

### Hygiene and respiratory etiquette

- Hand sanitizer will be distributed at the start and end of all programming. Please make certain to provide the student with additional hand sanitizer if they will need it at any other time.
- Anyone that has symptoms of illness such as excessive coughing, sneezing, irritability, fussiness, or fever will not be permitted into the building.
- Handshaking, high-5s, fist pumps, hugs, or other contact are forbidden.
- There should be no contact between anyone at Martial Posture and gloves and facemask are required.
- Stickers, stamps, glitter, color pages, and skill sheet distribution are not permitted.
- Participants that touch their eyes, nose, or mouth repeatedly will be asked to leave programming for the day.
- Staff and campers are encouraged to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. Staff should be notified if surfaces have been touched with hands that have been coughed or sneezed into.
- Soap and water will be readily available in addition to hand sanitizer that contains at least 60% alcohol can be used safely by staff and older campers.
- All activities will have hand sanitizer readily available. Campers will be required to sanitize either when they leave the activity or arrive at the next one.
- [CDC Hand Washing Guidelines](#)

### Masks

- All members of the public entering Martial Posture must wear masks. Children or Adults without masks will not be admitted to Martial Posture. If adults need to contact the staff and do not have a mask, they should call [215-850-8424](tel:215-850-8424).
- Staff will be required to wear masks when social distancing is made impossible (helping in bathroom, etc)
- When social distancing of at least 6 feet can be maintained, masks will not be required to be worn
- Instructors will wear masks when in close contact with participants
- When social distancing of 6 feet is maintained, participants are recommended to wear masks when not actively dancing or participating in physical activity. This includes coming into or leaving class, between turns, while on breaks (except when eating or drinking) or going to the bathrooms.
- **Masks are available at Martial Posture for purchase.**

### Engineering and administrative controls for social distancing

- For karate classes: floor tape will be used to create 6 x 6 foot personal training spaces, separated by 3-4 feet.
- Markers throughout lobby and walkways designating 6 feet will be taped to the floor.
- Students will be assigned their own personal lunch and relaxation seating. All sitting arrangements are separated by 6 feet.
- All bags and belongings will be assigned to the student's personal space. All belongings should be taken home after camp otherwise they risk being thrown away.
- Cubbies and other storage areas are off limits.

- Students are not allowed to share personal items with others, nor allowed to borrow from Martial Posture.
- Signs will be up reminding students to limit unnecessary touching of walls, random items, their faces and others.
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### **Ventilation**

Windows and doors will be open as much as possible increase the flow of fresh air. Windows and doors may be closed during the afternoons and when heat and/or humidity are high so that the HVAC can be used.

### **Lunch**

- Handwashing will take place before and after lunch
- Social distancing should be maintained during lunch
- Students must bring their own lunch, utensils and water bottles. **Cups and water bottles will not be provided.** Teachers will assist students with refilling water bottles.
- Students are not permitted to get lunch from restaurants during lunch. Students must bring their own lunch.
- All sharing of lunch items, utensils and water bottles is prohibited.
- No snacks, nor food will be provided by Martial Posture Staff.
- All teachers are required to wear gloves during lunch set up, assistance and clean up

### **Disinfecting**

- Frequently touched surfaces in public areas will be disinfected after each class and generally every 90 minutes throughout the facility.
- All public spaces will be disinfected nightly.

### Cleaning Chemicals for COVID-19

Following are commonly found household cleaning chemicals that can be used to disinfect for COVID-19. These items do not need EPA-registration if used as directed by the CDC or the manufacturer.

Bleach solution to CDC standards: 60 seconds for nonporous items; 10 minutes for other items ([CDC](#))

-70% isopropyl and 60% ethanol alcohols may be used to disinfect in 20-30 seconds. ([CDC](#))

3% hydrogen peroxide: 30 seconds for nonporous items; 6 minutes for other items.

Hydrogen peroxide can also be diluted to 5 parts water to 1-part hydrogen peroxide without reducing efficiency. ([CDC](#))

Additional EPA-register disinfectants can be found on the EPA website. ([EPA List N Chemicals](#))

### **Sickness protocol: Prompt identification and isolation of sick person**

- Staff or children should not come to camp, and that they should notify camp officials if they show symptoms of sickness.
- Staff or children that show signs of sickness will be immediately separated. Individuals who are sick should go home and or to a healthcare facility depending on how severe their symptoms are.
- Anyone showing symptoms will be isolated in a separate room in the main office. Parents will be called to transport home immediately.

- Areas used by a sick person will be closed off. These areas will not be used until after cleaning and disinfecting is complete (for outdoor areas, this includes surfaces or shared objects in the area).
- In accordance to CDC guidelines, we will try our best to wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.
- Camp administrators will notify local health officials, staff, and families immediately of any case of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms. Those campers and staff may return when cleared by a doctor or another qualified health professional.
- [CDC guidelines for caring for self and others.](#)
- If a camper is not able to complete the full week due to sickness, a partial refund will be offered on the basis of the number of camp days not attended. Refunds are not offered for other forms of absence.

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**These protocols are based upon the following sources:**

PA Guidance on Summer Recreation, Camps, and Pools  
PA Process to Reopen Pennsylvania  
Pennsylvania Recreation and Park Society Reopening Guidance  
Pennsylvania COVID-19 Business Guidance  
CDC- Guidance for Cleaning and Disinfection – Public Spaces, Workplaces, Businesses, Schools, and Homes  
CDC – Guidance for Child Care Programs that Remain Open  
CDC – Cleaning and Disinfection for Community Facilities  
CDC – Considerations for Youth Sports