



The Martial Arts Center

2002 Weems Rd. Tucker, Ga. 30084
404.315.1040 • office@tmacenter.com



'TMAC' Member Shield Protocols Covid / Corona Virus Safety Initiative

Initiated June 1st, 2020

Parents / Students - Children and Adults

NEED TO KNOW'S / DO'S & DON'T'S

- **DO NOT** come to Dojo / Class if you have been sick in anyway, including fever, or have been around anyone sick in the previous 48 hours. If TMAC Member is suspected to be sick, i.e. obvious physical signs, TMAC Member verbally admits to Staff Member or Temperature Check displays a temperature of 100.4 (CDC Guidelines) then TMAC Member will need to leave premises (If Child then Parent will be contacted immediately).
- **WEAR A MASK ... All Students** must have a mask which can stay on at all times and does not need to be constantly adjusted or touched. **DON'T HAVE ONE?** We will have disposable masks here for purchase (\$.50) Amazon Cost passed on to you.
- **USE BATHROOM** at home so to limit the need to use our public bathrooms. Rest assured that we will maintain a sanitized bathroom area for your safety.
- **CHILDREN** must come prepared / dressed for class. *No notebooks, fighting gear or weapons* are allowed to enter our facility at this time.
- **BRING FILLED WATER BOTTLE** and place name on bottle. The water fountain is off limits. TMAC has installed a new *Water Bottle Refill Machine* (connected to Water Purifier) for your safety and convenience.
- **PARENTS** must park and walk younger students to front door. Help them, if needed, through the process of entering into our facility, observing all new protocols. We will have Special Signage on window for those that can read.
- **DROP OFF & STREAM WATCH ... PHASE 1 TMAC PROTOCOLS** call for limited audience observers so Parents / Audience members will be asked to watch their child via the Zoom Online Streaming platform which we will provide for each class throughout the week. A link will be provided to you at 3:30pm daily.
- **DROP OFF PROTOCOLS ... PARENTS** please arrive 10 minutes prior to your child's class so to allow your child to not feel rushed as we adjust to these new safety standards.
- **PICK UP PROTOCOLS ... PARENTS** please be ready to pick up child 5 minutes prior to the end of class so that we can provide an efficient exit of current class students and entry of future class students.
- **CHILDREN STUDENTS** are not permitted to use DRESSING / LOCKER ROOMS.
- **OFFICE RELATED QUESTIONS / PURCHASES ...** If you have office related questions or need to make a purchase, please contact Ms. Krista at 404.315.1040 between 4:15 and 7:30 p.m. or email us at anytime: office@tmacenter.com. We can schedule a time for you to come in when it is not crowded and is safe for all parties.



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ENTERING 'PROCEDURES'

- **LEAVE SHOES OUTSIDE** upon entering ... **Students**, nicely place shoes along wall / front window.
- **FEET SANITATION** after entering ... **Students** must wipe feet on carpet and then proceed to clean feet with foot wipes if wearing shoes w/ out socks. **** Sanitation Station just inside Front Door ****
- **HAND SANITATION** after entering ... **Students** must apply hand sanitizer before proceeding to Front Mat. . **** Sanitation Station just inside Front Door ****
- **FIND A SPOT** on front mat after visiting the front Sanitation Station. Student's need to find a spot and wait until the current class students exit the building.
- **PROCEED TO BACK MAT & FIND A SPOT** when permitted ... Ms. Krista, Shihan or Permitted Adult will allow one student, at a time, to proceed to the back mat according to proper distance protocols. Students must quickly find a spot on the mat and sit until class begins.

EXITING 'PROCEDURES'

- **PROCEED TO FRONT DOOR** when permitted ... Shihan will allow one student, at a time, leave the back mat in order to walk to the front door.
- **HAND SANITATION** before exiting ... **Students** must apply hand sanitizer before exiting the Dojo.
- **PUT SHOES ON / NO LINGERING** ... **Students** need to quickly put on shoes and find their Parent / Custodian / Car. Students are not permitted to group together during this time. If wearing socks then please put shoes on w/out socks and carry to car. This will reduce any student clusters.

BATHROOM 'PROCEDURES'

ALL STUDENTS are permitted to use our Bathrooms if needed.

Use the following suggestions!

- **FLUSHING TOILET** ... use elbow or knee to push down lever. If using foot then please do not break lever or kick toilet.
- **WASHING HANDS** ... use one paper towel to first turn on water and leave towel on handle. Wet hands, place soap in hands and thoroughly scrub for 20 seconds or more. Turn water off with previous towel left on handle. Place towel in trash can. Take another towel to dry hands and to use to unlock door. Place towel in trash can. Exit Bathroom.



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DOJO SANITATION EFFORTS

- **FLOORS / MATS** will be Sanitized with a 'hospital grade' Sanitizer daily ...
- **SURFACES** ... all frequently touch surfaces and bathroom surfaces / handles / locks will be wiped down hourly or as needed with Lysol Sanitizing wipes or with 'hospital grade' Sanitizing spray.
- **SANITATION STATIONS** will be located inside Front Door, just before hallway and main Dojo.
- **HVAC UV LIGHT INSTALATION** will occur in the immediate future. Ultraviolet germicidal irradiation (UVGI) is one of the main methods of decontamination that Hospitals and Healthcare Facilities are being advised to use to kill Viruses like Covid-19, Mold, Fungus, and most Microorganisms across the board.

STAFF HYGIENE PROTOCOLS

- **DAILY TEMPERATURE CHECK** will be taken. Shihan Mike and Ms. Krista are required to have temperature taken prior to entering the Dojo.
- **MASKS TO BE WORN** by Shihan Mike and Ms. Krista when around any TMAC Members during operating hours
- **HAND SANITIZER** ... Shihan Mike and Ms. Krista will apply Hand Sanitizer before entering and exiting the Dojo and as needed in between.