

Paik's COVID safety policies as of 11/28/21 and going through at least 1/3/22

Due to the CDC's recommendations for fully vaccinated individuals, Paik's Martial Arts is clarifying our policies for the immediate future, to be adjusted after January 3rd, 2022. Updated policies are displayed in **green** text.

With a vaccine now available to younger children but not available to our entire student body, we are increasing our Open class format while maintaining limited Closed classes that still require sign up. Classes that include young children will continue to be sign-up only and require masks for all participants – these will be referred to as Closed classes.

Online classes will continue for anyone who is not ready, for any reason, to attend classes in person. They will be run at least 3 days a week barring days that we're closed. Some Online classes may be Hybrid where instruction will be happening simultaneously to students in the classroom and our online students, and during these classes Novice students (high yellow and below) will typically be dismissed after 30 minutes of class so we can focus on higher ranks as well.

When entering a Paik's location during **Closed** class times, one must be masked, even in the entry way, during all transition times and appointments. Individuals unable to do this will be presented with contactless alternatives, like phone and Zoom for processing their requests.

Parents are discouraged from lingering in the Lobby **during Closed class times** but are welcome to observe class if they are masked and socially distant from others not in their circles. Parents of new students or especially young students are welcome and will be given priority if our lobbies become full. Parents allowed to observe must wear a mask and remain in the area designated for them.

Children and unvaccinated individuals are to arrive in uniform for **Closed** classes. Individuals who are fully vaccinated, and members of our After School program, will be permitted use of the changing rooms.

Restrooms are now accessible to all students and guests with cleaning supplies available for individuals to clean surfaces before and after use.

Masks will be required for **Closed** classes until ALL our students are able to be fully vaccinated (6 weeks after vaccines for ages 4 and up become available) OR the infection rate in Dane County has dropped below a 14-day average of less than 5 cases per day (for reference Dane County has been averaging **23 as of 11/23/21**), whichever comes first.

We are going to start integrating our Sparring subject back into the curriculum, with limited contact drills with safety equipment covering striking surfaces. Students should bring their Sparring equipment on days marked with that subject. Due to facemasks still being necessary in class, we will not be doing full sparring matches in Closed classes.

Open classes and our Competition Team will start doing more Sparring practice and, **as long as the Dane County Health's mask mandate allows**, will train without masks and participate in sparring matches. Open classes and Team practices will **never precede Closed classes to limit** exposure to shared air.

CLOSED CLASSES (Kid's Classes and Camps)	OPEN CLASSES AND ELITE TEAM (Teens and Adults only)
Classes will be earlier in the day	Classes will never precede standard classes so air has a minimum of 8 hours to cycle and diffuse before the next class including young kids
Classes are sign-up only, no drop-in classes	Classes identified as OPEN CLASS on the calendar are drop-in
Masks are required	Masks are optional if permitted by local mandates
Self Defense will be contactless drills only	Self Defense will involve contact

Sparring will be limited contact with safety equipment

Sparring will be contact drills with safety equipment and full matches as soon as mask mandates are lifted

Pads and boards will be utilized freely, students are assigned focus pads (porkchops) and similar equipment so no two students use the same handle

Equipment will be utilized as needed and sanitized at the end of the night

Equipment handled by the students will be sanitized with anti-bacterial spray or alcohol spray between classes

Students who attend Open Classes and Team members must present their COVID vaccination card to a school leader to fully participate

Island spaces will be used for the majority of class, but drills will frequently take a student out of these islands. Class sizes will be limited to 12 circles

Class formation will return to the standard – students lined up approximately three to six feet apart. Students that request it will be put in the back of the formation

Dojang floors will be cleaned either at the start or end of every DAY of classes so instructors are better able to check in with parents, work with students, or do other cleaning tasks instead

Entrance doors will be propped open and/or door handles and touched surfaces will be cleaned during times between classes. Common area doors cannot be maintained this way at all times, but will be as much as feasible

Students' dismissal will be staggered to prevent "bottlenecking" after class

Students are able to linger or leave after class is complete if permitted by the instructor

BELT TESTING

No Sparring requirements for Stage or Black Belt Testing

Limited expectations for Self Defense, advanced Technique (flying and spinning), and Board Breaking

If we believe it can be done safely, Color Belt Testing (not advancing to Green, Brown, or Black) will be offered in person. Virtual testing will be discussed as needed

Stage Testing (Green and Brown) and Black Belt Testing will see small groups appear before a reduced panel of black belts and limited observers (all masked). Virtual testing will be discussed as needed

AFTER SCHOOL and CAMP

Inside the Dojang, all students and staff must wear masks whenever possible (snacks and lunches being the main exception) and the same requirements as All Classes will be followed

During transit to and from activities, all students, camp counselors, and staff must wear masks

Outdoor field trips (parks, Arboretum, nature walks) masks will be optional while the group is outside and not in prolonged close proximity

Masks will be required for After School and Camp until ALL participants are able to be fully vaccinated (6 weeks after vaccines for ages 6 and up become available) OR the infection rate in Dane County has dropped below a 14-day average of less than 5 cases per day

After School and Camps will be capped at 12 or less circles (families). Camps will consolidate at one facility for morning classes when the two camps have a combined roster that includes 6 or less unvaccinated children