

Dear SMA Family,

First a special thank you to our families. Thank you for your patience, your support. I hope this email finds you well. I know firsthand how difficult this quarantine has become. The polarizing environment does not make it any easier as we try to figure out how and when to reopen. In any case we have contacted the Contra Costa health department and, I have spoken with the Corona Virus call center. They both told us we can reopen in June if we follow the guidelines under "camps". Consider the following measures the team and I will take to ensure the safest training environment as possible.

Health and Safety:- First and foremost, if a student is experiencing ANY cold like symptoms (fever, coughing, frequent sneezing not related to allergies, sore throat, headaches, stuffy/runny nose, chills, aches, diarrhea, vomiting, eye discharge, fatigue) DO NOT come to class. Students can follow via zoom if they still want to attend the class.

- Any student who wishes to train must have their temperature taken. Students with a temperature of 99.4 degrees or higher will not be able to train. This is a universal measure businesses and institutions are taking. Keep in mind, many carriers of COVID-19 are asymptomatic, or have no fever.
- Cloth face coverings/masks are required when approaching the studio as well as entering the lobby when students are not able to appropriately distance themselves. Coverings may be removed and are not required while on the mat during class as students will be on dots placed 6 feet apart.
- There will be 15-minute breaks in between classes to allot for social distancing between students entering and exiting class. No one can congregate in the lobby while class is in session except guests of first-time students. We will maintain our Zoom app to provide a birds-eye view from your mobile phone from a remote location.
- Sanitize hands before AND after class. (If there is not enough sanitizer, hands can be washed with soap and water for at least 20 seconds).
- The class structure will maintain a 6-foot distance between students. There will be no partner work for at least the first 30 days. The bulk of the curriculum will be done as it has been on zoom including pinions and punching and kicking bag work.
- As SMA falls in the category of being a camp, a maximum of 12 students are allowed in the studio at a time, in addition to the instructors, to maintain proper distancing while on the mat.
- Parents, unfortunately, can no longer watch their child from inside the lobby.
- A thorough cleaning of all surfaces (general surfaces, mat, equipment) will be done before/between EACH class.
- All students from a previous class must have exited the studio before any student of the following class is able to enter.

Here are some of additional precautions our instructor's will be taking to make sure our studio will remain safe.

1. Teacher's will wear mask in the lobby area.
2. Hand washing and sanitizing hands before and after each class.
3. We will be shifting the mat and floors after each class.

#### Schedule of Classes:

- To begin slowly with reopening the studio, students will be able to attend 1 class a week.
- There will be a set schedule of the SAME 12 students for a duration of at least 3 weeks to prevent overexposure to too many other students.
- All other students may continue to follow classes of their level via Zoom on any other unscheduled day.
- Students/families may not randomly choose a class to attend if their specified day/class was missed. Students/families are asked to wait until their NEXT specified day/class to attend.

With all that said, I am trying to get an idea who will be coming back when. With all this in mind, please respond with one of the following:

- A. I am comfortable training, for sending my child as soon as you open.
- B. I will wait an additional 2-4 weeks after SMA will reopen to resume training.
- C. I do not feel comfortable training at SMA given the current climate. I will not return until there is an effective vaccine/therapeutic.

I would appreciate the timely response it will shape our interim schedule. If you selected B, I would be interested to hear any objective metrics you are looking for to allow your return.

In the meantime, please take advantage of our virtual zoom classes which we will continue and I look forward to seeing you and your family again.

Much Love,

Prof and Team