



## Outdoor Class Policies & Procedures

We are excited to announce we have been approved to conduct outdoor classes! We miss everyone so much and can't wait to see all of you back in class as soon as you are ready.

**If you are not ready to join a live class, we will still continue to offer a full array of classes on Zoom.**

Our target reopening date is **Wednesday, August 26th**. Our entire team is here to assist everyone with these new guidelines.

Please review our reopening plan below.

**Class Location:** Kirk' O The Valley School Parking Lot (*19620 Vanowen St., Reseda, 91335*)

**Schedule Start Date:** Wednesday, August 26<sup>th</sup>

**Student Waiver:** All students will be required to fill out a new Quest Martial Arts waiver prior to taking classes.

**Class Reservations:** All students participating in outdoor classes MUST reserve their spot with their school Manager.

**Parking:** All students are to use the Quest Martial Arts parking lot before arriving for class. (*19656 Vanowen St. Reseda, 91335*)

**Arrival and Safety Screening:** All students will meet by the front gate at Kirk O' The Valley, where they will have their temperature checked, and safety screened by an instructor. Please arrive 15 minutes prior to the start time for your class. Classes will start on time and no one will be permitted to enter the training area once class has begun.

**Social Distancing:** When you arrive, wait in line 6 feet apart using the markings on the sidewalk

**Face Coverings:** Anyone over the age 3 must wear a face mask that covers the mouth and nose. Please let your instructor know if you experience any difficulty breathing while training.

**Spectators:** To maintain social distancing we will only admit students in the Kirk parking lot. **Exception:** All Lil Dragons must have a parent or family member with them at all times. All parents and guardians should remain in their cars in the Quest parking, with exceptions made at the discretion of management.

**Dress Code:** Students are to wear shorts or Quest uniform pants, Quest t-shirt, **tennis shoes** & karate belt to every class.

**Hand Sanitizer:** Hand sanitizer will be available at the front check-in desk. Everyone must clean their hands thoroughly upon entry & when leaving.

**Class Size:** We will be limiting the number of students allowed in each class to maintain social distancing protocols.

**Social Distancing:** Each student will have his or her own 6' x 6' training area, ensuring that there is social distancing between students while training. You must remain in your area throughout the class. There will be no contact partner drills, and no handshakes or high fives.

**Bathroom Use:** The bathroom **WILL NOT** be available at the school or our martial arts facility. Please ensure that everyone takes care of their bathroom needs before class.

**Water:** Bring your own water bottle to every class.

**Student Pick Up:** All Parents will promptly pick up their child on time by the school's front gate.

**Do not come to class if you or anyone in your household has had any of the following symptoms in the last 24 hours:**

- Fever or chills (temperature of 100.4 degrees Fahrenheit or higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**We will observe the following safety and sanitization practices:**

- Our mats will be cleaned and disinfected frequently
- Classes will be 30 minutes long, with a 15-minute gap in between classes to allow time for disinfecting and cleaning
- Throughout class, we will monitor students and staff for signs of illness. Anyone showing any of the symptoms listed above will be isolated and parents/guardians will be asked to take them home

We will continue to keep everyone updated on any new changes made on our safety protocols. We look forward to seeing everyone in class very soon and thank you again for your support!

Sincerely,

Chief Instructor

Master Aaron Lawrence