

## Alliance Taekwondo

2700 State St / Unit M-2  
Bismarck, ND 58503  
(701) 224-8454

2020, June, 05

# Reinstatement of Regular Classes

## PURPOSE

To establish a set of guidelines that help to promote the safety of the students, the integrity of the business and the cleanliness of the facility. This will facilitate the gym's ability to allow students back into the studio and responsibly reinstate regular classes and training.

## TIMELINE

- March 15; All classes suspended indefinitely due to the COVID-19 Pandemic
- April 05; Alliance remote learning program begins
- June 04; First students allowed back in the studio for small-format/private training
- **PROJECTED**: July 06; reinstatement of regular classes with measures in place

## MEASURES

1. Sanitation
  - a. All high-traffic contact points to be cleaned after each session with bleach solution
  - b. Hand sanitizer to be provided for use by all students and other visitors
2. Social Distancing
  - a. At present time, allowing no more than 6 people (total) in the studio at a given time
  - b. If North Dakota stays "green" (low risk) class sizes of up to 10 students (plus instructors) will be allowed at the time of regular class reinstatement
  - c. If/when the risk classification reaches "blue," the class size limit will be discontinued
3. Temperature checking may be conducted upon arrival with a no-touch infrared thermometer for all visitors regardless of participation level as long as substantial risk exists
4. Masks
  - a. For small-format/private lessons masks are optional
  - b. At "green" risk, masks will be required for all regular classes
  - c. At "blue" risk, masks will be optional for all activities
  - d. Non-disposable masks must be cleaned appropriately
5. Care19 app
  - a. Use of the Care19 app will be required for students allowed access to the studio in June
  - b. Upon reinstatement, use of the Care19 app will be required at "green" risk
  - c. Upon reinstatement, use of the Care19 app will be strongly recommended at "blue" risk
  - d. Students without a phone will need to borrow a device (e.g. parent's phone) with the app

## DETAILS

### High Profile areas

High profile areas include all door contact points like handles and knobs, all regularly used targets, and mats. Concerning cleaning, at present all targets are cleaned after each session, all door contact points are cleaned before locking up each day, and mats are cleaned at the end of the week. If regular training recommences and we are still at the “green” level of risk, we will clean all targets used and all door contact points after each session, and will wipe down mats before locking up each day.

### Visitors

In this case, visitors refer to anyone - instructors, students, parents, siblings, etc. - who would like to enter the facility. Upon reinstatement of regular classes, temperature checks may be required of anyone who enters. At 100°F, a person will be refused entry and asked to seek medical consultation. Any members of that person’s household will also be asked to leave, in order to protect the wellbeing of all.

### Policy Projections

These measures will be maintained until or unless the CDC and state recommendations render them unnecessary. Professional opinion seems to indicate that a “second wave” of the pandemic is inevitable and will likely occur in the fall. Due to this, it is imperative that measures are kept in place to protect Alliance and the community. It is likely that in the event of a second wave, the risk level will increase again and classes will be suspended once more. Reinstatement of regular training with measures in place is a necessary first step to discovering what training must look like as time progresses.

## LINKS FOR REFERENCE

[ND Current Risk Level “Meter”](#)

[ND Smart Restart for "Fitness Centers"](#)

[Proper care of personal face masks](#)

[ND Coronavirus Cases Report Page](#)

[COVID-19 Endgame/Scientific American](#)

**Care19 App:** [Android](#) / [Apple](#)