

COVID19 - Reopening October 2020

We're keen to update you on our preparations for our students to return to class for the beginning of next week, 11 October 2020.

We have been working hard on preparing new procedures and protocols to make the classes as safe as possible. Our plans will follow the guidelines for organized sports activities by the Ministry of Culture and Sports and Ministry of Public Health (MoPH).

Entry/exit to our classes

- **Ehteraz and Face Masks**

All staff and students (above the age of 12 years) must show a green status on their Ehteraz to enter the class. Students will not be required to wear a face mask during their sport training, as it may compromise their breathing.¹

- **Sorry, no parents in the clubhouse!**

Parents should not accompany their kids in the clubhouse (Al Mana Hills), to avoid too many people in one spot. Jolanda will be present to welcome kids in the clubhouse and guide them to their class.

- **Temperature checks**

Before entering class, Jolanda will perform a temperature check on each of our students. Any one showing a high fever or symptoms will not be allowed into the class. We kindly request parents to perform regular temperature checks at home as well and keep your kids at home in case of a fever or symptoms.

- **Sanitizing**

Before entering class, we will ask students to sanitize their hands.

- **No gathering**

Students will not be permitted to gather in groups inside the clubhouse and go directly to their class and exit the room directly after the end of their session.

- **Early finish**

Each session will finish 5 minutes early. This is to avoid two groups of students arriving and leaving our location at the same time. Moreover, it allows us to sanitize the room before the new session. Therefore, we encourage parents **not to drop off their children early**.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

What will the classes look like?

- **Capacity**

The number of students per session will be controlled and limited to 50% capacity.

- **Social Distancing**

Social distancing protocols will be managed with appropriate guidance. During sessions students will have their own spot on the mat, with a safe distance apart from each other. Activities will be set up with this in mind, to ensure a fun and safe training.

- **Signage**

There will be clear signage displayed on the mats for students to follow

- **No gathering**

Students will not be permitted to gather in groups. While waiting in line or talking to others, social distancing of at least 1.5m should take place (including during the water break).

- **Exit and Entry**

Students will go directly to their class and exit the clubhouse directly after the end of their session.

Equipment & personal belongings

Until the pandemic is behind us, gloves cannot be borrowed and shared between students. We encourage students to only bring what is necessary and leave large bags at home - a (labeled) water bottle and boxing gloves.

We will create a designated spot for each student, where they can keep their personal belongings. If students have personal devices, such as smartphones, it should be kept in their bag during the session and not used during training hours.

Water break Arrangements

Students will still have water breaks, but gathering in groups will not be allowed. We will introduce designated areas for each individual student to keep their personal belongings and enjoy their water break. With proper distance, we ensure that students are able to enjoy being with their friends whilst also keeping safe. We would encourage all students to bring their own (labeled) water bottle with them to class.