

PMA's COVID-19 Phased Reopening Plan

On May 1, 2020 businesses all across Tennessee will be allowed to reopen after being forced to close down due to the coronavirus pandemic. In 89 counties (including Anderson), gyms will be included and allowed to reopen with specific guidelines to make sure that employees and customers are safe. While PMA is not technically a gym, we align ourselves most closely with this category of businesses and martial arts instruction was specifically listed in the guidelines for group fitness classes put out on April 28.

At PMA, we are both excited about the prospect of being able to open back up for classes, and also cautious to not jump ahead and put our students and their families at unnecessary risk. Here is our plan for opening back up:

Phase 1

- We will be monitoring the situation as businesses in our area are opening back up.
- On May 11, PMA will begin conducting private lessons and semi-private lessons for families at the dojo following strict social distancing guidelines published by the CDC and our state and local governments. Any students who would prefer to continue to use the virtual private lessons may continue to do so. Reach out to dcorrigan@pmaoakridge.com to schedule a virtual or in person private lesson if you would like one.
- We ask parents that feel comfortable with it to escort their child from the car to the academy and from the academy to the car, but to wait in their own vehicles during class if comfortable doing so. We will have a staff member help with this process also to make sure children are safe.
- All students are asked to come in uniform and not use the changing areas.
- Private lessons will be conducted with no contact and 6 feet of space maintained between instructor and student.
- Due to social distancing requirements, there will not be any techniques, drills, or sparring done with partners.
- No equipment will be shared.
- If weather permits, we will have academy doors open, and in which case, students will be able to enter the academy, train, and leave without needing to touch anything except stopping to take their shoes on and off at the beginning and end of class.
- Some days we will opt to train outside.
- We will follow strict cleaning guidelines throughout the day.
- As always, please do not come to the academy if you have symptoms of any illness.
- During phases 1 and 2, we will be screening students entering the dojo with a non contact thermometer and people with temperatures over 100.4 will not be allowed into the academy.

- We encourage instructors and students to wear PPE where applicable, and recommend that customers wear a face covering (not N-95 or medical masks, which should be reserved for healthcare workers).
- If you have been in close contact with a confirmed case of COVID-19, you or anyone in your home are experiencing a cough, shortness of breath, or sore throat, or have had a fever in the last 48 hours, please do not come to the academy.
- Everyone will be required to sanitize their hands upon entering and exiting the academy.
- We recommend that anyone more vulnerable or at-risk for COVID-19 as identified by the CDC—including those who are over the age of 65 or those who have chronic medical conditions—refrain from coming to the academy during Phase 1 of re-opening.
- We will continue to stream group classes live on Zoom with the same schedule we have been using. Active students should already have the codes, but email dcorrigan@pmaoakridge.com if you need them to be resent.

Phase 1 Zoom Class Schedule:

Brazilian Jiu Jitsu (All Ages) Monday and Wednesday at 7:30 PM
 Lil' Dragons Tuesday and Thursday at 4:30 PM
 Juniors Tuesday and Thursday at 5:15 PM
 Young Adults and Adults FILKENJUTSU Kenpo Tuesday and Thursday at 6:15 PM

Phase 2

- On May 18, as long as we still believe at that time that it is safe to do so, we will move to Phase 2. This will give us 2 full weeks to monitor the situation after businesses open back up. Experts believe some areas may see a spike of cases in areas that are reopening, and this will give us a chance to study the incubation period and make sure that our families will be as safe as possible.
- At this stage, we will begin conducting private and group classes at the dojo following strict social distancing guidelines published by the CDC and our state and local governments.
- Each group class will be limited to 8 students.
- Students will enter the training area one at a time and go to marked spots on the mat spaced at least 6 feet apart, where they will train for that class.
- We ask parents that feel comfortable with it to escort their child from the car to the academy and from the academy to the car, but to wait in their own vehicles during class if comfortable doing so. We will have a staff member help with this process also to make sure children are safe.
- All students are asked to come in uniform and not use the changing areas.

- Private lessons and group classes will be conducted with no contact and 6 feet of space maintained between instructors and students.
- Due to social distancing requirements, there will not be any techniques, drills, or sparring done with partners.
- No equipment will be shared.
- If weather permits, we will have academy doors open, and in which case, students will be able to enter the academy, train, and leave without needing to touch anything except stopping to take their shoes on and off at the beginning and end of class.
- Some days we will opt to train outside, in which case the class size limit will be removed. We will post these updates in a newly created Facebook group for current students only. Please request to join the group here: <https://www.facebook.com/groups/661162127783238/>
- 15 minute buffers will be placed between classes to limit the amount of people passing through the dojo at once and allow ample time to clean the academy in between classes.
- As always, please do not come to the academy if you have symptoms of any illness.
- During phases 1 and 2, we will be screening students entering the dojo with a non contact thermometer and people with temperatures over 100.4 will not be allowed into the academy. Students should wait in their vehicles until waved in by a PMA staff member, when coming into the dojo, students should maintain 6 feet of distance while they wait for their temperature check.
- We encourage instructors and students to wear PPE where applicable, and recommend that customers wear a face covering (not N-95 or medical masks, which should be reserved for healthcare workers).
- If you have been in close contact with a confirmed case of COVID-19, you or anyone in your home are experiencing a cough, shortness of breath, or sore throat, or have had a fever in the last 48 hours, please do not come to the academy.
- Everyone will be required to sanitize their hands upon entering and exiting the academy.
- We recommend that anyone more vulnerable or at-risk for COVID-19 as identified by the CDC—including those who are over the age of 65 or those who have chronic medical conditions—refrain from coming to the academy during Phase 1 of re-opening.
- We will continue to stream classes live on Zoom, so that students who feel more comfortable or would prefer to train at home during this phase can continue to do so. The classes highlighted in Yellow below will be streamed on Zoom from the same links as Phase 1 but at these new times.
- We think it is important to point out, that at this stage many of you can train easier and better at home where you won't have to worry about social distancing, can use your own equipment, and many of you have people you can partner and train with living with you. Therefore, at this stage, we encourage anyone to continue to train at home who is content to continue doing so temporarily. Over the last month, one thing has become exceedingly clear and that is that we can teach some really good classes via video!

- Brazilian Jiu Jitsu class will continue to be taught via Zoom only as SiFu David can partner with Sempai Brittany at home to show the techniques being taught, and students would not be allowed to partner with each other at the academy. At the academy, students would only be allowed to do the solo drills and movements that we are teaching in every zoom class. The difference is by teaching from home on Zoom, SiFu can show what the actual technique would look like, can roll (spar) with Sempai Brittany for students to watch and learn from, and students with partners at home can continue to train with them. On Wednesdays at 7:30, Sempai Matt Thomas will also teach a BJJ class working solo drills and movements for those that want to come in to the academy.
- This will be the Phase 2 group class schedule beginning May 18:

Monday	Tuesday	Wednesday	Thursday
Youth Brazilian Jiu Jitsu Competition Team Ages 12 & Under 3:00-3:45 PM	Beginner Juniors 3:30-4:15 PM	Youth Brazilian Jiu Jitsu Competition Team Ages 13 & Up 3:00-3:45 PM	Beginner Juniors 3:30-4:15 PM
Lil' Dragons 4:00-4:30 PM	Advanced Juniors Purple/White & Up 4:30-5:15 PM	Lil' Dragons 4:00-4:30 PM	Advanced Juniors Purple/White & Up 4:30-5:15 PM
Young Adults 4:45-5:30 PM	Lil' Dragons 5:30-6 PM	Young Adults 4:45-5:30 PM	Lil' Dragons 5:30-6 PM
Juniors All Levels 5:45-6:30 PM	Adult FILKENJUTSU Purple Belts & Up 6:15-7 PM	Juniors All Levels 5:45-6:30 PM	Adult FILKENJUTSU Purple Belts & Up 6:15-7 PM
Adult FILKENJUTSU Fundamentals 6:45-7:30 PM	Brazilian Jiu Jitsu (Zoom Only) 7:30-8:15 PM	Adult FILKENJUTSU Fundamentals 6:45-7:30 PM	Brazilian Jiu Jitsu (Zoom Only) 7:30-8:15 PM
Adult FILKENJUTSU Brown Belts & Up 7:45-8:30 PM		Brazilian Jiu Jitsu (At the Academy) 7:30-8:15 PM	

- Since group classes will be limited to 8 students per class, we will be using a reservation feature inside the software that we use called Zenplanner. Many of you are already familiar with Zenplanner but have not needed to use this feature as we handled all of the reservations ourselves when you enrolled for your particular programs.
- We will monitor the group class sizes and if need be try to add additional classes to give more people a chance to come that want to come if they fill up too quickly. We should reemphasize though that if comfortable training from home, we encourage you to continue to do so!
- As we do not yet know how many students will prefer to train from home, and how many will come to the academy, please only reserve a spot in 1 class at a time per program per family member. For example, if you plan to attend on Tuesday and Thursday Kenpo, only enroll in Tuesday, and after Tuesday's class enroll in Thursday if space allows. This will give everyone a chance to come into the academy that wants to. If you are also going to one of the Jiu Jitsu

classes, feel free to reserve a spot in one of those at the same time you reserve your Kenpo spot (2 separate programs).

- Please visit the following link and follow these steps to reserve a spot in a class for yourself or your children to attend at the academy - pmaoakridge.zenplanner.com. You do not need to reserve a spot if taking the class from home on Zoom.

STEPS

1. Go to the above website to create a login attached to your already existing student profile, if you haven't done so already.
2. Login to the above website or to the Zenplanner member app.
3. Click on calendar and the class you would like to reserve a spot in and click reserve.

Please contact dcorrigan@pmaoakridge.com or call us at (865)481-8901 if you need assistance getting logged in.

- A note on Lil' Dragons classes - our Lil' Dragons have been doing exceptionally well with the current situation. A lot of their success during this period has been due to parent involvement. It is our desire, that this involvement continues with practice at home using PMAVideos.com going forward. We also encourage Lil' Dragons to continue training from home during Phase 2 if they have been doing so and feel good with that option.
- Also, if you aren't confident of your child's ability to maintain appropriate distance and stay in their spot for the entire class, please have your Lil' Dragons stay home and continue to train on Zoom during Phase 2.

Phase 3

We will continue to adjust Phase 3 as more instructions and information are provided and announce Phase 3 when we have a date in mind to move to that stage.

Closing Remarks

In closing, the last couple of months have been a rollercoaster of emotions for us as your martial arts academy and as a small business. The longer that we remained closed, the more students that dropped their memberships. Some dropped their memberships because they had lost their jobs and could not afford to continue to pay their tuition, and a few others dropped that did not see the value in the online training we were providing. It is a very discouraging sight to see your student count dropping week after week after spending so many years building it up.

However, for every 1 student we lost, there were 10 others that were unbelievably supportive. We had some extremely dedicated students who watched every video we uploaded, attended every zoom class, and scheduled 1-on-1 sessions with me. We had students who could not access the video content due to their own internet or technology issues, or just don't enjoy that method of learning, but sent us messages saying we could be closed for a year and they'd keep paying their tuition because of

what PMA means to them. And all different levels of commitment and support in between.

We will always remember 2020 because of this pandemic and how much it shook our world and changed our lives. But the memories for us will be highlighted by these messages and signs of support from you - our incredible PMA family. Thank you.

Now, we are excited to see things heading towards the direction of us eventually being able to train as we did before. Until then, let's continue to be diligent with our health and safety.

We will see you on the mat, either physically or virtually, whichever you prefer!

Sincerely,

David Corrigan
Owner/Chief Instructor
Progressive Martial Arts Academy