

## HEIGHTENED HYGIENE PROTOCOL

There may be a time when heightened protocol procedures may be needed due to the increased presence of infectious diseases within the community. Other heightened hygiene protocols may be posted based upon new information from the WHO, ECDC, HPSC, HSE or state and local governments. All students agree to abide by any heightened hygiene protocols.

1. Students must take their temperature before coming to the CENTRE. Anyone with a fever of over 38°C must not be training. Anyone with a fever, chills, cough, shortness of breath, sore throat, loss of smell or taste, diarrhea, muscle aches, headache should not come to the CENTRE. If someone in the household has or is suspected of having COVID, a student should quarantine for 14 day from the last exposure to the COVID virus positive individual in the home before returning to class.
2. All students entering the CENTRE must wash their hands thoroughly with soap and water for at least 20 seconds before and after class. Hand sanitizer are available at the door to all students.
3. Social distancing will be maintained. Everyone must stay 2 meters or more apart in all directions.
4. Every touchable surface in the CENTRE will be thoroughly disinfected after each class.
5. Whenever possible, do not use the dressing room and bathroom.
6. Doors will be opened, and light switches turned on/off by one person. Handles and switches will be wiped off after use. The use of face masks during indoor classes is mandatory until further notice.
7. Weapons should be brought to and taken home after every class. Students must only touch the weapons they are using in class and disinfect weapons before and after training.