

# Alpha Martial Arts

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## COVID-19 Control Plan

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UPDATED: 1/24/2022

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### ***1.0 -- Overview - definitions of "fully-vaccinated" and "Up to date"***

Our success in keeping the people at Alpha safe and healthy over is clearly a result of the whole community working together. We ask that this spirit of cooperation continues, and to remember that these actions were effective in stopping the spread of a contagious virus. Looking forward, it makes sense to follow these guidelines to prevent the spread of any transmittable diseases in the future.

NOTE: The term "fully-vaccinated" and "Up to date" are defined as follows:

- People are fully vaccinated for COVID-19 if they have received two doses of either the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen

(Johnson & Johnson) vaccine more than 14 days ago. This guidance does not apply to fully vaccinated individuals who have symptoms of COVID-19.

- Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

## **2.0 -- Masks**

The CDC and the Commonwealth of Massachusetts & Chelmsford Board of Health have stated that the wearing of masks in an indoor public space is now highly recommended regardless of vaccination status. Our policy is as follows:

- Masks are mandatory inside Alpha regardless of vaccination status. Everyone over the age of 2 must wear a mask if medically tolerated.
- KN95 masks recommended but not required.
- If you have a documented medical condition preventing you from wearing a mask, you are not required to wear a mask at Alpha.

## **3.0 -- Social Distancing**

Allow 6 feet between you and non-family or social circle members. *Parent/Guest Sign In* will let you know how many spaces are available and if there is enough room for you to enter. According to the state website, "Even if you are fully vaccinated against COVID-19, proper social distancing in public settings or with people who are unvaccinated or at higher risk for COVID-19 is still important."

A limited number of chairs will be provided for parents who wish to watch class. PLEASE NOTE: parents are included in the maximum capacity; each parent in the building means one less student will be allowed in to attend class.

### **3.1: Maximum Number of Occupants & Signing in**

Chelmsford's current Building Inspection Occupancy Capacity:

- Maximum occupancy is 170. However, due to COVID surges we are limiting the number to 55 in the building at one time.

There will be a physical *Parent/Guest Sign In* located by the front entrance -- each parent or guest who enters Alpha is required to write their name on the *Parent/Guest Sign In*.

## **4.0: Hygiene Protocols**

- We have ensured access to handwashing facilities on site, including soap and running water, and will allow sufficient break time between classes for students

& instructors to wash hands frequently. We have provided well-marked stations with alcohol-based hand sanitizers with at least 70% alcohol.

- We will provide regular sanitation of high touch areas, such as equipment, doorknobs, restrooms & floors.
- We have posted visible signage throughout the site to remind students & instructors of hygiene and safety protocols

### ***5.0: Staffing and Operations***

We will continue to provide training to workers on up-to-date safety information and precautions including hygiene and other measures aimed at reducing disease transmission, including:

- Social distancing, hand-washing, proper use of face coverings
- Self-screening at home, including temperature or symptom checks
- Importance of not coming to work if ill
- When to seek medical attention if symptoms become severe
- Which underlying health conditions may make individuals more susceptible to contracting and suffering from a severe case of the virus

### ***5.1: Logistical Changes***

- We will maintain time gaps between class-end and class-beginning to minimize contact among students & instructors and reduce congestion.
- We have removed non-essential amenities from the hallways and common areas.
- Students & instructors must not come in to work if feeling ill.

### ***5.2: Communication with Local Authorities***

If the Alpha is notified of a positive case at the workplace, we shall notify the Chelmsford Department of Public Health (DPH) and assist them as reasonably requested to advise likely contacts to isolate or self-quarantine. Testing of other workers may be recommended consistent with guidance and / or at the request of the DPH.

### ***5.3: Be Safe, Speak Up***

- Encourage students & families who are particularly vulnerable to COVID-19 according to the Centers for Disease Control to stay home or re-assign duties to reduce contact with other workers and customers.
- Encourage workers to self-identify symptoms or any close contact to a known or suspected COVID-19 case to the employer
- Encourage workers who test positive for COVID-19, to disclose to the employer of the office for purposes of cleaning / disinfecting and contact tracing

## ***6.0 Cleaning and Disinfecting***

- We have ensured access to handwashing facilities on site, including soap and running water, and will allow sufficient break time between classes for students & instructors to wash hands frequently. We have provided well-marked stations

with alcohol-based hand sanitizers with at least 70% alcohol to be used as an alternative.

- Provide regular sanitation of high touch areas, such as workstations, equipment, screens, doorknobs, restrooms
- Post visible signage throughout the site to remind workers and clients of hygiene and safety protocols

## ***7.0 Close Contact***

The CDC defines Close Contact as "being within 6 feet for at least 15 minutes over a 24-hour period.

If you or your child has had close contact with a COVID-positive individual, use the following options to determine your actions:

1. If you are unvaccinated, stay home for 5 days and get tested.
2. Asymptomatic (showing no symptoms), fully vaccinated & up to date, close contacts are exempt from testing or quarantine. You may return to Alpha. If you are vaccinated, you may come to class as long as you wear a mask and maintain social distance. Masks are mandatory at Alpha regardless of vaccination status.
3. Do not come to Alpha if you are experiencing symptoms.
4. If you are a close contact and develop symptoms within 5 days of the initial exposure, stay home and get a PCR test.
5. For out of Alpha contacts (household close contacts, or other out of school close contact and you are unvaccinated or not fully vaccinated (2 weeks since the 2nd dose) and you are a close contact, please stay home for 5 days and wear a mask for an additional 5 days. A COVID-19 test (PCR, Antigen and/or home test is acceptable) is recommended on DAY 5. You may return on DAY 6.

## ***8.0 What if I test positive for COVID-19?***

1. If you test positive for COVID-19 please stay home and isolate for 5 days. Please report the positive result to the to us at [chelmsford@alphatkd.com](mailto:chelmsford@alphatkd.com)
2. Day 0 is the date of the onset of symptoms or date of the positive test, and they may return to Alpha on day 6 if you have:
  - a. Been without fever for 24 hours (and without taking fever-reducing medications)
  - b. Experienced improvement of other symptoms
  - c. Masks and social distancing are mandatory at Alpha regardless of vaccination status, until notified otherwise.

## ***9.0 What if I am ill and have symptoms on the COVID-19 symptom checklist?***

If you are ill, please stay home and get tested for COVID-19. You may return to Alpha after you have received a negative PCR or antigen test result. An antigen home test may be self-administered. If you test negative, you may return to Alpha as long as your

symptoms are improving and you are fever free for 24 hours without fever reducing medication.

### ***10.0 Symptom checklist***

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- 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

### ***11.0 When can I return to Alpha?***

- Been without fever for 24 hours (and without taking fever-reducing medications)
- Experienced improvement of other symptoms
- Masks and social distancing are mandatory at Alpha regardless of vaccination status, until notified otherwise.