

# Alpha Martial Arts

40 Vinal Square  
North Chelmsford MA 01863  
978-251-1331  
email: chelmsford@alphatkd.com

## COVID-19 Control Plan

---

UPDATED: 7/19/2021

### Table of Contents

1.0 -- Overview .....	1
2.0 -- Masks .....	2
3.0 -- Social Distancing.....	2
3.1: <i>Visual Distancing Markers</i> .....	2
3.2: <i>Maximum Number of Occupants &amp; Signing in</i> .....	3
4.0: Hygiene Protocols.....	3
5.0: Staffing and Operations .....	3
5.1: <i>Logistical Changes</i> .....	3
5.2: <i>Communication with Local Authorities</i> .....	4
5.3: <i>Be Safe, Speak Up</i> .....	4
6.0 Cleaning and Disinfecting.....	4

### 1.0 -- Overview

As of May 29 2021, Massachusetts has lifted COVID-19 restrictions, including the wearing of masks and keeping socially distant.

Our success in keeping the people at Alpha safe and healthy over between March, 2020 and June, 2021 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" is 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.

## **2.0 -- Masks**

Both the CDC and the Commonwealth of Massachusetts have stated that the wearing of masks is now only required for unvaccinated individuals. The Alpha policy is as follows:

- **If you want to wear a mask at Alpha you may do so, regardless of your vaccination status.**
- **Fully-vaccinated persons do not need to wear a mask inside Alpha. Once you show either Kanrisha Michelle or Shihan Andrew proof of your COVID-19 Vaccination, then you do not need to wear a mask if you choose. This information will not be kept on file.**
- **If you are not fully-vaccinated, please continue to wear a mask inside Alpha until further notice.**
- **Children ages 5 and under are not required to wear a mask. Parents/caregivers may choose to require the child in their care to wear a mask.**
- **If you have a documented medical condition or disability preventing you from wearing a mask, you are not required to wear one at Alpha.**

## **3.0 -- Social Distancing**

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."

### **3.1: Visual Distancing Markers**

Using orange, 2" masking tape we have marked the dojo floor with lines to ensure each student has sufficient space in which to train.

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.

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

Chelmsford's current Building Inspection Occupancy Capacity:

- Maximum occupancy is 170

There will be a physical signup sheet located by the front entrance -- each person (student, instructor or guest) who enters Alpha is required to enter his or her name for each time slot (e.g. 4:15, 5:00, 6:00, 7:00) during which he or she is inside Alpha.

### **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 to be used as an alternative.
- 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 and 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