



PRECISION MARTIAL ARTS ACADEMY

Unit 105, 15 Circle Drive, St. Albert, Alberta, Canada, T8N-3Y7
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Fitness • Lifestyle • Self-defense • Sport



PMAA's RETURN to TRAIN PROTOCOL

Precision Martial Arts Academy has initiated a "Return to Train" Protocol following the recommendations set forth by Alberta Health Services (AHS) and Taekwondo Canada (TC). The latest AHS guidelines regarding Martial Arts and Recreation Centres can be found here:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>.

PMAA's RELAUNCH DATE

- PMAA will reopen our Academy on Tuesday, September 1st, 2020.
- On the first day of training, students/parents must fill out, sign and return a PMAA/AHS Daily Checklist Screening Sheet to ensure health and readiness to participate. Print your name, sign and bring the document to the first class. No sheet... no entry. After the first class, students/parents will be asked to review the screening questions online (our website), prior to coming to each class. This screening form is to confirm that students are not exhibiting any symptoms of illness and that they have not been in contact with anyone showing symptoms.
- Class sizes will be reduced to a maximum of 18 students. Students must register for 2 classes per week and may attend a 3rd class/week if space is available. This is to ensure fairness and to accommodate all of PMAA's students.
- All students must register with Master Sadler to pre-book into the classes they would like to attend at the beginning of each month. NO drop-ins will be permitted.

ARRIVING/LEAVING PMAA

- Masks are not mandatory for students in class, however they can be worn at the discretion of parents/student.
- All students/parents must wear masks inside PMAA at all times, until training/class time starts.
- All students should arrive dressed wearing his/her student training uniform (Dobok) and belt. Please wear a track suit/ sweats and jacket over Dobok to keep clean from rain/mud/snow, etc. There will be NO ACCESS to change rooms as these will be closed.
- All students are asked to bring a small duffle bag with the following items to every class: a water bottle and his/her own set of punching mitts/boxing gloves/fist forearm guards with name clearly labelled. We will be using heavy bags and wave masters for skill acquisition and development. PMAA will not provide this personal equipment. As such, please purchase at your earliest opportunity as this personal equipment will be required.
- Washrooms will be available for use, however please try to go before arriving to class to limit the usage. All students are asked to spray and sanitize whatever they touched in the washroom before leaving (sink taps, door handles).

- All students must be dropped off and picked up. There will be NO SPECTATORS/VIEWING (reception or viewing room) permitted until AHS restrictions are lifted.
 - **SPECIAL EXCEPTION:** There will be an exception for parents/new parents of children aged 3.5 to 5 years of age in our Lil' Panthers Program. This is only to help the young child with washroom and/or comfort level, if necessary. Otherwise, everyone is asked and encouraged to please wait in vehicle.
 - **Limited to 1 Family member/child**, NO siblings or strollers permitted inside! The upstairs viewing area is closed/off limits so parents will sit patiently and wait in the reception area. All parents/spectators must follow social distancing guidelines, sit in designated area and wear a mask the entire time they are inside PMAA.
 - Any questions or concerns, please speak to Master Derek Sadler directly at (780) 983-5424.
- The front door will open 5-10 minutes before each scheduled class and will be locked at the start of class. Latecomers will not be allowed entry. This will be strictly adhered to as there will only be one Instructor, NO reception staff and NO leadership team members waiting for late arrivals.
- All Students will be directed to the hand sanitizing table and/or wall mounted stations to sanitize hands upon arrival. This may be asked of them a few times throughout each class. This will be done prior to leaving each night as well.

LINE UP & DISMISSAL

- After hand sanitizing has been completed, students will be directed to enter the gym (Dojang) and stand/sit patiently on a designated and labelled mat with water bottle beside them. Sit down and wait for class to begin.
- Mat configuration will be set up to observe social distancing protocols by staying at least 2 metres (6 feet) apart from each other.
- Once class has ended, students will be dismissed in stages in an orderly fashion. They will be asked once again to hand sanitize and leave right away with no socializing.
- Students will be escorted to the front doors and asked to leave promptly prior to the next group of students being permitted in. As such, parents are asked to ensure they are in the parking lot prior to the end of class so their child(ren) can leave promptly and efficiently.

CHANGE ROOMS/ WASHROOMS

- Change rooms and storage area/shelves/bins will not be accessible. Students are to be dressed in their Taekwondo uniform and belt upon arrival. Water bottles should be labelled and are permitted in class.
- Washrooms will be available if necessary, but please try to go before or after class at home.

ADMINISTRATION/PAYMENTS

- Monthly tuition payments are to be paid on the first of each month and will continue to be preauthorized as an Electronic Funds Transfer (EFT) or Credit Card Number/Expiry Date/CVC #.
- Student Enrollment Agreements and Photo/Video Release Sheets must be filled out in full, front and back signed and returned along with the Membership Option Sheet signed to confirm membership choice. Please ensure to include a void cheque/bank account draft for EFT or write out all credit card information.

- Anyone who wants to purchase items from PMAA's Pro shop can do so by providing credit card information or by an E-transfer to derektkd@gmail.com.
- Parents can make an appointment to speak to Master Derek Sadler, however a phone conversation is preferred and recommended as an extra safety precaution. **C. (780) 983-5424.**

SPARRING (KYORUGI)

- There will be NO contact sparring until further notice.
- Alberta Taekwondo, Taekwondo Canada, World Taekwondo and the International Olympic Committee have CANCELLED all Taekwondo competitions for 2020. The 2020 Tokyo Summer Olympic Games have been rescheduled (tentatively) for next year, July 23rd to August 8th, 2021.

SELF-DEFENSE (HOSHINSUL)

- We will continue to teach dynamic self-defense in a hands-free manner.
- Mat work, footwork, transitions and technical applications will still be practiced in a controlled and individual manner.
- Fundamental Taekwondo training will be the key ingredient to ensure PMAA Students excel, develop and grow.

PROMOTION TESTS/STUDENT ADVANCEMENT

- Yet to be determined. May include but not limited to any of the following scenarios, at Master Sadler's discretion: Limited number of students testing on a Saturday with ONLY 1 family member allowed, virtual private Zoom testing from your home (very successful during Covid-19), in-class/semi-private testings, etc.

OUTBREAK PROTOCOL

- Should an instructor/staff, student or spectator show obvious symptoms during a scheduled class time, the class will be ended immediately and ALL Students will be asked to leave. This individual would be asked to isolate immediately and follow AHS recommendations.
- Should an instructor/staff, student or spectator test positive for COVID-19, classes will be suspended immediately, all PMAA members and local health authorities will be notified. Classes will resume when approved by AHS.
- See links below for further ACTION that PMAA will take in the event of a positive case.

This document is a simplified version of the steps PMAA will take to do our part to STOP the SPREAD of COVID-19 and keep our PMAA Families SAFE!

COVID-19 INFORMATION FOR ALBERTANS

1. See below for ACTIONS to PROTECT Albertans and prevent the spread of the novel Coronavirus.

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

2. See below for AHS Guidance for Sport, Physical Activity & Recreation in Stage 2 of COVID-19.

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

3. See below for Taekwondo Canada's COVID-19 Return to Train in Dojang Recommendations.

http://taekwondo-canada.com/uploads/documents/200527-Covid_plan-FINAL.pdf

PMAA OFFICE HOURS

(Effective, September 1st, 2020)

- Monday to Friday: 4:00 to 9:00 p.m.
- Saturday/Sunday: Closed
- All Stat/Holidays: Will be closed on Saturdays & Mondays

STAY CONNECTED

Precision Martial Arts Academy (PMAA)

105, 15 Circle Drive, St. Albert, AB. T8N-3Y7

P. (780) 544-9931 / W. www.pmaa.ca

- PMAA Google Business/Maps/Review - <https://g.page/PrecisionTKD?share>
- Master Sadler LinkedIn - <https://www.linkedin.com/in/derek-sadler-pmaa/>
- PMAA FB - <https://www.facebook.com/PrecisionTKD/>
- PMAA YT - <https://www.youtube.com/user/PrecisionTKD>
- PMAA TW - <https://twitter.com/precisionTKD>
- PMAA IG - <https://www.instagram.com/pmaa.st.albert/>

