

Culture of Safety / Jin Sei Ryu Karate-do Chicago Student Agreement for Winter 2020-2021

At Culture of Safety/Jin Sei Ryu Karate-Do Chicago, our goal is to maximize safety for students and their families. As such, Amy and Kyren agree to committ to the following health and safety standards:

- We commit to maintaining small pod-like cohorts for each of our programs: Peewees, Juniors, Youth, Teens, and Adults (no more than 6-8 students per class group). If enrollment reaches that limit, we will start new cohorts which will meet at different times/days.
- All in-person classes will be taught only by Amy or Kyren, who co-habitate and are their own household/pod.
- If either teacher becomes symptomatic with respiratory or digestive symptoms of illness, we will refrain from holding in-person classes for a minimum of 10 days (or until receipt of a negative Covid test). All classes will be held online during that time period.
- If either teacher is exposed to Covid-19, we will refrain from holding in-person classes for a minimum of 14 days after potential exposure, or until a negative Covid test taken a minimum of 5 days after exposure comes back negative. Here exposure is defined as being indoors unmasked with a Covid-positive person, or closer than 6 feet (while masked) for more than 15 minutes to a Covid-positive person. All classes will be held online during that period.
- We will both remain masked at all times indoors, excepting water breaks (when talking is not permitted).
- We commit to daily temperature checks for ourselves.
- We will sanitize door handles, elevator buttons and other major surface areas before class. (Students will assist us in cleaning between and/or after classes!)

In order to maximize health and safety for all, we ask that anyone attending (or bringing a child to) in-person classes as a part of Jin Sei Ryu Karate-do Chicago agree to the following. If you cannot commit to any of the below, we ask that you refrain from in-person classes until we return outdoors and/or opt for remote-only classes.

- I opt in to in-person classes and will abide by the following guidelines**
- I do not feel safe with indoor classes at this time and would like to request remote classes for me and/or my family (skip to page 3 to finish the form)**

Name of student(s): _____

To participate in indoor classes, Please read and initial all of the following:

Potential Exposure to Covid-19 positive individuals

____ I agree to notify Culture of Safety about any outreach from contact tracers about possible exposure.

____ If I or a member of my household is exposed to Covid-19, I will refrain from coming (or sending a child) to in-person classes for a minimum of 14 days after potential exposure, or until a negative Covid test taken a minimum of 5 days after exposure comes back negative. Here exposure is defined as being indoors unmasked with a Covid-positive person, or closer than 6 feet (while masked) for more than 15 minutes to a Covid-positive person. Remote classes will be available during that time.

____ I agree that if I or a member of my household is symptomatic with respiratory or digestive symptoms of illness, I will refrain from in-person classes for a minimum of 10 days (or until receipt of a negative Covid test). Remote classes may be available during that time.

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While I (or my child) is an active student with Culture of Safety, I agree to:

____ Wear a mask whenever I am outside my home and unable to maintain 6 feet or more of distance from others outside my household/pod

____ Minimize interactions with people outside of my household/pod as much as possible

While attending classes in-person with Culture of Safety, I agree to:

____ Receive a temperature and health screening upon every entry to the United Church of Rogers Park.

____ Avoid coming to class if I or any member of my household is symptomatic with respiratory or digestive symptoms of illness.

____ Wear a mask at all times while indoors.

____ If moving the mask for snack or water consumption, do so only at designated areas and socially distanced from other households/pods

____ Refrain from talking while removing a mask for snack or water consumption.

____ Bring my own water bottle.

____ Follow in-class sanitation procedures during and after class. For students, this will involve hand-washing and hand-sanitizing rituals, as well as assisting the teachers in wiping down the space after class.

____ Refrain from bringing more than 2 non-student household members with me (or my child) to class.

Student/Parent Signature

Printed Name

Date

Guidelines for masks:

The most effective masks are cloth masks with at least 2 layers of fabric, fitting tightly on top, bottom & sides.

CDC guidelines are at the link below:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The CDC guidelines are based on a review of large-cohort studies indicating the following:

no-one with mild-to-moderate cases of COVID-19 have been expelling reproducible viruses more than 10 days from the onset of symptoms. This means that 10 days from the first symptoms, no observed individual with mild-to-moderate symptoms has been found capable of transmitting COVID-19.

We reserve the right to modify this policy as our understanding of COVID-19 evolves. We reserve the right to implement variances to these policies on a case-by-case basis when situations warrant. In all cases, the minimum standard to attend class in-person will be no less than the CDC return-to-work guidelines for fitness and exercise professionals.

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Culture of Safety/ Jin Sei Ryu Karate-Do Chicago Online Class Etiquette

We are committed to creating a learning environment that works for all students. Our aim for live online classes is that the class experience is as similar to an in-person class as possible. Creating such an environment in an online class entails commitments and responsibilities from every student and their household members. As such, we ask that all agree to the following conduct. Parents of young students are asked to support them in meeting these standards.

Please initial all of the following:

Video and Audio Requirements

_____ I understand that instructors need to both see and speak with me during class.

_____ I agree to join class with video enabled and **to remain unmuted when possible**.

Important Standards of Conduct

_____ I agree to work in an area that allows for maximum concentration and minimum distractions.

_____ If sharing the space with other household members, I agree to refrain from engaging in conversation with household members during class unless it is an emergency. If I need to take a break from class or otherwise leave class space, I will let the instructor know, and mute and turn my video off until I am ready to re-engage.

_____ I agree not to engage in non-class activities during class time. Examples of non-class activities are eating, playing on a phone or computer, playing games, watching TV or videos, talking with household members.

Signed and agreed,

Student/Parent Signature

Printed Name