

WNY MMA COVID-19 SAFETY PLAN

1 February 2021

Please Note: We will update this safety plan in accordance with updated NYS regulations. We will continue to evaluate our procedures and schedule so that we can continue to add classes in the safest way possible.

1. Staff/Coach/Member Safety
 - a. WNY MMA is committed to upholding all NYS guidelines as our minimum standard in order to protect our staff and coaches, as well as our members.
 - b. For the safety of staff, coaches, and other members, any person entering WNY MMA must wear an appropriate face covering when not in a class training. Per NYS guidelines, this includes while entering/exiting the facility, while leaving the training space during class for any reason, any time a coach or staff member requests, or any other situation other than when actively training in a way that does not permit wearing a face covering.
 - c. Anyone entering WNY MMA is expected to follow the guidelines set forth in this document, as well as any reasonable request made by a coach or staff member, in order to protect our staff, coaches, and members to the fullest extent possible.
2. PPE
 - a. Any staff, coaches, members, visitors, or other individuals in the gym must wear a face covering when not actively participating in training that does not safely allow a face covering.
 - b. Participants and coaches are welcome but not required to wear masks during training, but must wear a face covering when not in a designated training area. Whether wearing a face covering or not, participants and coaches should abide by all social distancing markers in and out of training areas.
 - c. WNY MMA will provide appropriate face coverings at no charge to all members, staff, and coaches.
 - d. Hand sanitizer following CDC recommendations of at least 60% alcohol will be available throughout the gym in accordance with CDC recommendations for alcohol-based hand sanitizer fire safety.
3. Screening Precautions
 - a. All members and guests entering the gym will be asked to have their temperature taken by forehead thermometer. Individuals have the right to refuse, though this screening is highly recommended by the state. If someone refuses the state-recommended screening, we reserve the right to refuse entry. No data will be recorded other than who has entered the facility.
 - b. Any person with a temperature of 100F or higher will not be permitted in the gym.
 - c. All people entering the gym will be asked the following questions. Employees are required to answer the questions before every shift. Members and other visitors are not required to answer, though this screening is highly recommended by the state. If someone refuses the state-recommended screening, we reserve the right to refuse entry. Any affirmative answer will result in the individual being asked not to enter the facility.
 - i. Have you experienced any COVID-19 symptoms in the past 14 days?
 - ii. Have you tested positive for COVID-19 in the past 14 days?
 - iii. Have you had close contact with some who tested positive or who is suspected of having COVID-19 in the past 14 days?

- d. If you know that you have a fever or any other symptoms, have tested positive in the previous 14 days, or have been in close contact with someone who has tested positive or is suspected of having COVID-19, please do not come to the gym.
4. Social Distancing
 - a. All staff, members, and visitors will be required to maintain a 6-foot distance from anyone not in their immediate household or training area.
 - b. There will be 6-foot markers indicating where to stand while waiting for screening before moving past the front area of the gym.
 - c. Classes start and end times will be staggered to facilitate single-direction flow of traffic in and out of the facility.
 - d. Transactions at the front desk will take place from a distance with no touch payment processing, whenever possible. If exchange of items is necessary, proper hand hygiene will be practiced.
5. Limited Capacity
 - a. As per state guidelines, capacity for the facility will be no more than 50% of its standard capacity.
 - b. For a temporary period of unknown duration, all members will be required to register in advance for classes through the WNY MMA online registration system. Accommodations will be made for anyone without internet access.
 - c. Everyone is required to leave within 10 minutes of class ending.
 - d. No one may arrive more than 10 minutes before their class begins.
 - e. NYS limits spectators to 2 per participant, which means each child may have a maximum of 2 people with them. For children old enough to be dropped off, we ask parents to do that and pick their child up promptly when class ends.
 - f. We reserve the right to cap spectators if we are unable to maintain 6-foot distances between spectators in the given space.
 - g. The kids play area will be closed.
6. Class Logistics
 - a. Class times will be offset in order to stagger traffic in and out of the gym.
 - b. Classes will not take place back-to-back in the same area of the gym unless there is adequate time to disinfect that area per the EPA kill time for our chemicals.
 - c. Class areas used will be disinfected after each class.
 - d. There will be no equipment during class shared between different individuals or training pods. If any equipment is used by individuals or training pods, it will be disinfected at the end of class per our cleaning procedures.
 - e. In-person classes can be streamed and/or recorded so that any member who does not feel comfortable coming into the gym can continue training.
7. Individuals/Training Pods
 - a. ECDOH has approved high-risk activities to resume. WNY MMA will continue to provide socially distanced and low/no-contact training options for members.
 - b. Participants may form a self-enclosed training pod of 2-4 people, per NYS guidelines for building training cohorts. These training pods should remain consistent from class to class.
 - c. Individuals and training pods must remain in their designated training space while training.
 - d. The training space for each individual or training pod will be 10-foot by 10-foot for BJJ and 8-foot by 8-foot for all other classes, with a minimum of a 2-foot buffer zone between the areas.

- e. Individuals and training pods will need to remain in their training area and be cognizant of the training pods adjacent to them in order to maintain distance.
 - f. Coaches will have a 6- to 8-foot social distancing lane to be able to move around the class and see all participants.
 - g. Per ECDOH approval, there will now be opportunities for larger training groups. We still encourage members to train consistently with the same people to reduce their potential exposure.
8. Bathrooms/Locker Rooms
- a. Locker rooms remain closed until further notice. Members should arrive dressed and keep their bags locked in their cars.
 - b. Showers will not be available until further notice. Exceptions can be made on a case by case basis.
 - c. Bathrooms will be closed except in emergency situations. This means, if you can wait until you get home, please wait until you get home. If you cannot, the bathrooms are available and cleanliness will be maintained.
 - d. Water fountains will be unplugged and individual recyclable bottles of water will be available. Members are asked to bring their own water.
9. Cleaning Procedures
- a. All cleaning in the gym will be done with chemicals rated effective against COVID-19 by the EPA, following the EPA guidelines for coronavirus kill times.
 - b. Chemicals are dispensed through a professional grade dilution system to ensure the exact water to chemical ratio required for maximum effectiveness.
 - c. WNY MMA will keep a cleaning log with dates, times, and the scope of cleaning, as per NYS regulations.
 - d. All equipment, including grappling dummies, will be disinfected with chemicals, as well as disinfected in our UV light disinfection room.
 - e. All cleaning staff will be trained on all updated procedures and products to ensure consistent and effective cleaning at all times.
10. Tracing/Communication
- a. WNY MMA will keep records daily of all people who enter the facility for individual or group training.
 - b. WNY MMA will record whether any participants work together and, if so, who. This allows us to identify those with the highest risk and notify them immediately in the event that anyone participating or connected with someone participating tests positive or is suspected of exposure.
 - c. Anyone who tests positive or is directly exposed to someone who tests positive will need to remain outside the gym for the duration of the current CDC guidelines, which is currently 10 days.
11. COVID-19 Waiver
- a. WNY MMA will provide and post a safety plan that outlines:
 - i. What the gym is doing to follow state guidelines and mitigate risks.
 - ii. What actions are mandated for all members and visitors.
 - iii. What actions are recommended for all members and visitors.
 - b. Every member will receive a digital copy of the safety plan by email.
 - c. Before returning to training in the gym, members must sign a waiver acknowledging that they have read the safety plan, agree to follow the rules outlined in it, and agree that, while WNY MMA is committed to meeting and exceeding all NYS guidelines for Sports and Recreation Centers, each member fully understands the risks of training in

light of the pandemic and releases WNY MMA from any liability in the event that they or anyone they know becomes sick.

- d. All members and visitors will sign a digital copy of the waiver.
 - i. When possible, this will take place in advance of entering the gym through email.
 - ii. If someone enters the gym and has not seen and signed the waiver, they will be asked to do so on their own mobile device.
 - iii. If someone in the gym needs to read and sign the waiver but is unable to do so on their own device, the gym will provide a sanitized tablet to do so.