



# **Broadway Family Karate**

*Personal Development Through the Martial Arts*

## **Covid-19 (Coronavirus) Response Guidelines**

As we discussed in our Spring Term Preparation Meetings on March 1<sup>st</sup>, understanding of the Coronavirus (Covid-19), its spread and effective countermeasures are continuing to expand and evolve. We now know significantly more now than we did just two weeks ago. The Centers for Disease Control, the World Health Organization and the Tennessee Department of Health all are making detailed, accurate information available on this virus and the associated infection.

Healthcare professionals are taking the current situation most seriously – and so are we. The objective at present is to limit the spread of the coronavirus as much as possible, so that our healthcare system is not overwhelmed by a sudden dramatic spike in infections. This allows for people who become seriously ill to be properly cared for. It also buys time for vaccines and other treatments to be developed.

Please keep in mind that most of our students are children. For children, the illness caused by this virus seems to be very mild – so much so that it may be mistaken for a common cold. The great concern is for older members of our community and those of all ages with existing medical conditions. The precautions we take now are ultimately to protect them.

Also, testing for the coronavirus in the U.S. will become much more widely available in the next few weeks. I do expect that the number of reported cases will rise significantly as it becomes possible to test for them. This doesn't mean that the efforts we take as a society to limit the spread of the virus have

been ineffective and should be abandoned. We're simply getting a more complete and accurate understanding of the overall situation. For example, West Virginia is currently reporting *no* cases of the coronavirus in the state. The public health authorities there are certain that there are indeed people ill with this virus in the state, but it hasn't yet been possible to test them for it.

While the situation remains fluid, there is now enough accurate information available for us to make definite plans and to take concrete actions. We've also been consulting with our own instructors, and with colleagues and professional organizations throughout the U.S. to determine what sensible precautions we should take as a school community. We have created a set of basic response guidelines that will allow us to move forward responsibly and productively during the coming weeks as a community. We will make necessary adjustments as the situation in our community develops, and we continue to learn more about transmission and effective countermeasures for this virus.

**What your Instructors & Leadership Team Members will do:**

- 1) School Facilities and Equipment: We have begun to substantially augment our regular cleaning and disinfecting of our school facilities and training equipment. We'll focus on frequently touched places like door handles, restroom faucets and fittings, and the water cooler spigots. We are using a dilute chlorine bleach solution (as recommended by the CDC), so our school may smell a bit like a swimming pool. We'll also use other approved commercial disinfectant products as these become available to us.
- 2) Limit Person-to-Person Contact: We already do this to an extent, by using the traditional bow rather than "high fives" or handshakes in our lessons together. We will further limit

direct person-to-person contact by using appropriate training equipment rather than live partners whenever feasible. Instructors and Leadership Team members will also limit their “hands-on” correction of students’ techniques to the necessary minimum.

- 3) *Restrict use of Student Cards:* We will restrict access to student cards to Instructors only. Your Instructors will draw your card for you at the beginning of every lesson. We will continue to permanently record your attendance at lessons and special events on your student card, but we won’t be taking these up at the start of every lesson. Currently, the card box and the cards themselves are the one thing in the school that *every* student touches at *every* lesson. In the present circumstances, it seems best to suspend this practice.
- 4) *Self-Monitor and Isolate:* Our Instructors and Leadership Team members will monitor themselves for symptoms of upper respiratory illness. If any of us experience a persistent cough and/or a temperature of 100° Fahrenheit or more, we will withdraw from teaching until we have consulted a doctor. This may mean that from time to time you’ll be working under the guidance of a different Instructor than you are used to in your lessons.
- 5) *Conform with Public Schools:* If the Knox County Schools close for a period to limit the spread of the virus, we will close in conformity with them. I feel personally, as do the rest of our instructors, that any other course would involve a reckless disregard for the well-being of our students, their families, and our community as a whole. As of this writing (3/15/20), we’re seeing more state governments acting to close down public school systems throughout their states to this end. One or two of the more inventive are referring to this as an “extended Spring Break”. It is possible that we will see something along these lines in Tennessee. It may be that such action will be put off for some weeks yet. I do think it is

likely that we will have a closing of public schools at some point during this spring.

- 6) *Extending the Spring Term:* If we need to close in conformity with the Knox County Schools, we will extend our Spring Term into June as necessary. We'll do everything possible to make sure that you're able to test for your achievement stripes and take your promotion exam for advancement to your next rank. We will also explore online lesson options to help you practice at home. This will be something new for us as a school community, but potentially worthwhile not just as a way of meeting the present situation, but also going forward as an adjunct to our normal lessons together.
- 7) *Special Events:* While our usual class sizes are comparatively small – 10 students or fewer – some of our special events are significantly larger. Graduation is a good example of this. We will carefully assess the special events we have planned, and may restrict or cancel them if necessary. The current concern among all public health organizations is to limit or suspend large group events (50 people or more in the same location at the same time) whenever possible. We may well have to alter our customary Graduation Ceremony in consequence – but we'll make sure you get your belt and certificate of rank.

**What students and parents should do to help:**

- 1) *Self-Monitor and Isolate:* Please closely monitor yourself and your family members for symptoms of upper respiratory illness. If any of you develop a persistent cough and/or a temperature of 100° Fahrenheit or more, please withdraw from lessons until you have consulted a doctor. Please err on the side of caution – if in any doubt, please stay home.

- 2) *Students-Only Lessons*: Consider having your child participate in lessons without you in the room to observe. Talk this over with your child, and see how they feel about this. While our class sizes overall are relatively small, limiting the number of people in the room during lessons will be a worthwhile supplementary precaution. We're certainly not going to keep you from being with your child during their lesson should you decide that is best. I would advise parents of our youngest students – Tigers, ages 4 & 5 – to continue to stay and observe during lessons. If you're not in the room with them, our Tigers students often make it a priority go look for you.
- 3) *Confidential Notification*: Please notify Mr. Booker privately if your child is diagnosed by a healthcare professional as having the coronavirus. This also applies to our adult students – let us know privately. I will then notify the rest of our school community that we have had a case reported, and what group of students this directly affects. I will hold this information as a professional confidence – I will not give out your name. I do think it is important that we let other members of our school community know, so that they can take whatever action they feel is appropriate. Membership “freezes” and cancellations will continue to be available to you upon request, as usual.

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