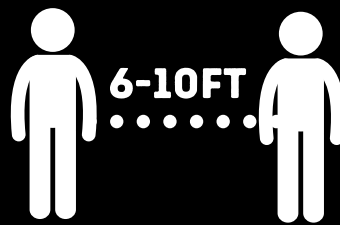
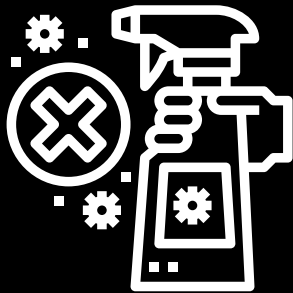


LIGHT FORCE ACADEMY



INDOOR

OPERATING PROCEDURES



UPDATED & EFFECTIVE
JULY 15, 2021

IRON FIST MARTIAL ARTS ACADEMY

#1 - SAFETY EQUIPMENT

- MULTIPLE H13 HEPA AIR PURIFIERS THROUGHOUT
- HAND SANITIZER STATION
- TOUCH-LESS ENTRY DOOR
- TOUCH-LESS RESTROOM FAUCET & SOAP DISPENSER
- SANITIZING SPRAYER FOR ALL SURFACES

#2 - SANITAZATION PROCEDURES

- THE FOLLOWING WILL BE DONE BEFORE AND AFTER EACH CLASS:
 - SANITIZE ALL EQUIPMENT & SURFACES
 - SANITIZE BATHROOMS
- SANITIZE MAT & FLOOR WITH HOSPITAL GRADE CLEANER DAILY

#3 - MEMBERSHIP OPTIONS

***REGARDLESS OF MEMBERSHIP OPTION, ALL STUDENTS WILL HAVE ACCESS TO LFA ONLINE MATERIAL & STUDENT RESOURCES.**

OPTION 1: TRAINING IN PERSON ONLY. STUDENTS CAN TRAIN AT THE DOJO ONLY, 1x/wk, 2x/wk, 3x/wk, OR UNLIMITED DEPENDING ON THEIR MEMBERSHIP (IF YOU AREN'T FEELING WELL OR NEED TO MAKE-UP, YOU CAN DO THAT FROM HOME)

OPTION # 2: TRAINING AT HOME ONLY. STUDENTS CAN TRAIN FROM HOME 1x/wk, 2x/wk, 3x/wk, OR UNLIMITED DEPENDING ON THEIR MEMBERSHIP

OPTION #3 HYBRID TRAINING. STUDENTS CAN SPLIT THEIR TRAINING BETWEEN HOME AND THE DOJO DEPENDING ON THEIR MEMBERSHIP.

(i.e. 2x/wk MEMBERSHIP: 1x/wk @ HOME & 1x/wk @ THE DOJO.)

***OUR PROTOCOLS ARE DIRECTLY FROM THE GUIDELINES AND REQUIREMENTS FROM THE LOS ANGELES COUNTY HEALTH DEPARTMENT AND CDC. THESE PROTOCOLS ARE REQUIRED OF US TO BE ALLOWED TO OPEN UP AND WILL BE MODIFIED AS THE GUIDELINES BECOME LESS RIGID.**

#4 - IN-DEPTH PROTOCOLS & PROCEDURES

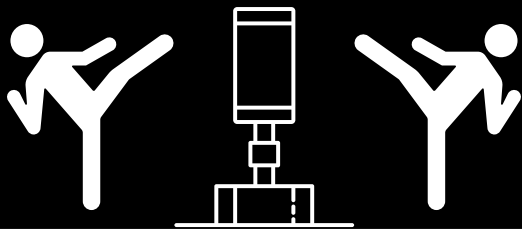
- ALL MEMBERS & STAFF MUST HAVE A, ONE-TIME, SIGNED COVID -19 RELEASE FORM SUBMITTED BEFORE ENTERING THE DOJO**
- ANYONE WITH COLD OR FLU LIKE SYMPTOMS, COUGHING, SNEEZING, OR RUNNY NOSE WILL NOT BE PERMITTED TO ENTER OR WILL BE ASKED TO LEAVE CLASS IF OCCURRENCES ARE DURING CLASS**
- IRON FIST STAFF ARE REQUIRED TO WEAR MASKS AT ALL TIMES**
- MASK FOR STUDENTS/MEMBERS IS RECOMMENDED**
- ALL STUDENTS & STAFF ARE REQUIRED TO WEAR CLEAN UNIFORM & MAT SHOES ON THE MAT**
- CLASS SIZES WILL BE SMALLER TO AID IN SAFE DISTANCING**
- STUDENTS MUST WASH/SANITIZE HANDS BEFORE & AFTER CLASS**
- TOUCH-LESS TEMPERATURE CHECKS WILL BE TAKEN FROM **STAFF** AS REQUIRED BY THE LA COUNTY HEALTH DEPARTMENT**
- THERE WILL BE 10 MINUTES BETWEEN EACH CLASS FOR CLEANING**
- ALL MEMBERSHIP QUESTIONS, PRO SHOP PURCHASES, FEE PAYMENTS, ETC., WILL BE DONE ELECTRONICALLY, VIA PHONE, & EMAIL WITH MA'AM CHRISTINE OR MASTER PATRICK**

IRON FIST MARTIAL ARTS ACADEMY

TRAINING OPTIONS

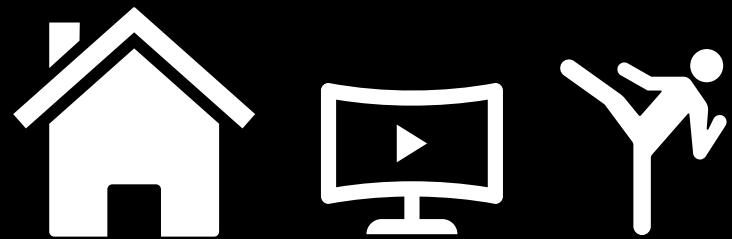
OPTION #1

**TRAIN AT
THE DOJO INDOORS**



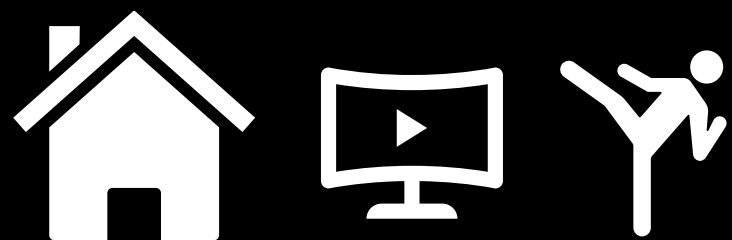
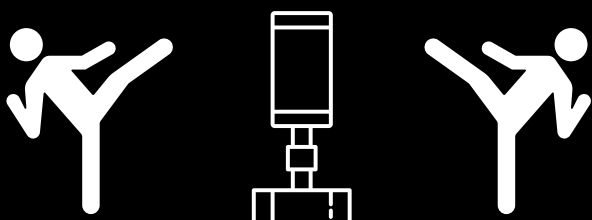
OPTION #2

**TRAIN AT HOME
ON DEMAND**



OPTION #3

**HYBRID TRAINING:
TRAIN AT THE DOJO & AT HOME**



***ALL TRAINING OPTIONS WILL PROVIDE THE SAME HIGH LEVEL OF
TRAINING WITH INSTRUCTOR AID & SUPPORT.**