



**Return to the Ring-Randolph YMCA
COVID-19 Class Procedures
November 2020**

All procedures subject to change as determined by current COVID-19 conditions.

- **MASKS REQUIRED.** For your safety and the safety of other boxers, coaches, corners, and RSB staff, masks are required for entry to RSB and must be worn for the duration of your class and visit.
 - **Masks** must cover your nose and mouth.
 - **Mask** breaks during class will be provided as necessary in a designated mask-break area. Please ask your coach for assistance.

- **ARRIVAL & SCREENING.** Please arrive 10 minutes early (and no more than 10 minutes) to your class to complete our pre-screening. Our staff at the Welcome Center, will ask you a series of questions and take your temperature. If you answer "yes" to any of the questions, you will not be allowed to participate until further notice as determined by current LHA and CDC protocol. Your temperature must not read above 100.4F degrees.

- **CORNERS.** Our priority is to the welfare of our boxers and staff. Due to COVID-19, we are operating at limited capacity. In order to provide a safe environment and to adhere to social distancing requirements, we are unable at this time to offer classes to our boxers who require a corner person.

- **WATER.** Please bring adequate water supply with you and mark your bottle with your name. Water/Mask breaks will be offered as necessary during class.

- **EQUIPMENT.** To ensure a greater level of safety, please bring the following pieces of equipment with you for your personal use:
 - Water
 - Towel
 - Boxing Gloves
 - Gel Hand Wraps
 - Mat

- **COHORTING.** Consistency and safety is our goal. All classes will be scheduled in advance by our coaches and advance registration is required online through our website. Boxers will not be permitted to “walk-in” to any class. Each boxer will be assigned a class schedule and will attend class on the same day/time each week with the same classmates. By cohorting boxers, we decrease COVID-spread and increase our ability to contact trace in the event of exposure.

- **SOCIAL DISTANCING.** All individuals are expected to maintain social distancing while inside RSB. Indoor classes will be set at 200sf of space per participant. This exceeds NJ State Covid mandates for martial arts classes. Each boxer will be assigned to a workout square that has been spaced for social distancing among fellow boxers and coaches.
 - Please refrain from hugging, hi-fiving, and other typical RSB love-fest activities that we were accustomed to before the pandemic. Get creative with your elbows, foot bumps, and jazz hands.

○ **Now-Let’s get ready to rumble!!!!**