



# MAK – Changing Lives Every Day *It's more than just karate.*

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## MAK Flu Season Precautions II

March 12, 2020

To Parents and Students,

In compliance with the commonwealth of MA and advise given to King County WA, which is 4 weeks ahead of us with respect to the virus entering their communities, MAK has already cancelled attendance at any event with more than 100 participants in order to increase social distancing and keep our students and their families safe. In addition, also in order to increase social distancing, we will, until further notice:

- 1) Have No Sparring gear in regular classes, teaching sparring techniques on pads or heavy bags.
- 2) Fight Club will continue to have the last 10-15 of contact sparring, and Mrs. McCoy will be on the floor after class to clean gear.
- 3) We will use only focus shields as hand targets and not use CLOSED HAND MITS for pads.

We continue to electrostatically clean the karate school every night and have low level electrostatic air cleaners approved for habitation areas during the day, as well as teaching hand washing techniques in all classes to keep our students ahead of the curve. Staff members are also required to wash their hands before all classes.

Advise from the Commonwealth of MA - <https://tinyurl.com/wpfv3xz> :

The public is also reminded of steps to take to limit the spread of COVID-19:

- Cover your mouth – when you cough or sneeze use a tissue or your inner elbow, not your hands.
- Wash your hands – with soap and warm water or use an alcohol-based sanitizing gel.
- **Stay home if you are sick – and avoid close contact with others.**

Sincerely,

Anne McCoy

Barbi McCoy