

COVID Requirements for Training at AEMMA

- 1) Upon entering the studio, the forehead temperatures of students will be checked upon arrival with our New Infrared Temperature Sensing device. Anyone with a forehead temperature of 100.4 or above, will not be permitted to train. These practices as long as necessary.
- 2) We will continue to offer virtual classes through the American Eagle Live! Facebook page at no additional cost, provided the membership is active. [AEMMA Live! FB](#)
- 3) Parents will be required to watch their children on the Private FB page as opposed to sitting in the lobby. Only come in via appointment. Call 201-612-1429.
- 4) Kettlebells and other equipment is to be wiped down after use. Students will not share equipment. We will be on hand to sanitize equipment if need be during class.
- 5) All students need to register for the class not less than 1 hour before and not more than 5 days prior for their class. Limits on class size has been set and is based on maintaining a minimum of 6 feet of distance while training. [Scheduler](#) ***If you do not reserve a space and the class too large, you will not be admitted.***
- 6) If any student or employee is sick, they will be ordered to stay home.
- 7) All students will need to come to class with their uniforms or workout gear on. The changing rooms will only be used for clothing and as a means to enter the bathrooms. Flip flops, children and adult sized, to be worn when entering the bathrooms.
- 8) Students will wash all uniforms, shirts and clothing after each class. Hands will need to be washed and/or sanitized upon leaving the bathroom and entering the studio. Additionally, all sparring gear will need to be cleaned with sanitizing wipes at home after use and be subject to “spot checks” by instructors or staff to make certain that the gear does not smell and has been cleaned thoroughly.
- 9) We have sanitizer stations and tissue boxes at strategic locations in the lobby as well as on the training floor.
- 10) Wash hands, cover nose when sneezing and mouth when coughing and observe social distancing as much as possible during classes.