



Mpact Sports Re-Opening Protocols

Mpact Sports has always had a comprehensive cleaning and sanitizing protocol in place. For the most part, we will continue to do the things we have always done in order to protect both our students and our staff. These steps include but are not limited to the following:

1. Fogging entire gym with disinfectant / anti-viral solution nightly
2. Nightly deep cleaning of the gym using hospital grade cleaning products
3. Disinfect key touch points throughout the facility every 2 hours
4. Wiping down / disinfecting equipment between rotations / classes
5. New antimicrobial air purifiers added to HVAC filters
6. Maintaining numerous hand sanitizing stations throughout the entire facility & requiring athletes to use sanitation with every entrance/exit of gym area
7. Insisting both staff and students who do not feel well or have a fever of 100* or more to stay home until there has been a 24 hour fever free period. Staff temperatures will be verified upon entering facility and also sent home for exposure to or diagnosis of Covid-19
8. Staff will be required to wear facial coverings but not continually mandated unless closer than 6'
9. Close off all shared resources such as water fountains, showers / dressing rooms, limited cubbies, foam pits and Ninjava Café. Athletes & staff are encouraged to bring their own water bottle with their name clearly on the outside
10. Posted signs for designated entrance & exit traffic flow, CDC guidelines and social distancing
11. Marked sitting areas at 6' spacing's
12. Lesson plans created to follow all social distancing guidelines
13. 30 minute breaks between classes for cleaning equipment, entering & exiting smoothly

When you bring your family to Mpact Sports, you have always been in the safest environment we could possibly provide. We will continue to do everything possible to surpass all state and CDC requirements in regards to our sanitary and safety standards while training in a safe and responsible manner.

We have decided to implement a methodical system of reopening which consists of 5 phases. We will start with small groups of 10 or less in house while also continuing to offer Zoom classes. All time frames assume that the state continues to see improvements and conditions allow us to move forward. Actual phases could be accelerated or delayed as our state and local officials make the ultimate decisions that affect our plans.

Regardless of all the precautions we take, any member or staff who does not feel comfortable returning to Mpact Sports is not obligated in any way to return until they feel comfortable. Families or individuals living or coming in direct contact with high risk individuals are asked to not enter the facility until further notice.

Phase 1: May 4-10

1. Adhere to all requirements as outlined in the TN Pledge – Opening Tennessee Responsibly Guidelines
2. Team gymnasts and upper level martial artists (Blue, Red & Black belts) only will be offered classes of 10 or less on alternating days. Only 3 classes per week to start
3. Call in registration will be required for classes to ensure maximum numbers stay at 10 or below
4. Spaces for students will be clearly marked to keep distancing guidelines
5. Workouts will consist of flexibility, conditioning and basic drills for gymnasts and forms and drills only for martial artists.
6. Private lessons will continue
7. No non-participant siblings or other children will be allowed to stay and we request that only 1 parent stay per family
8. All regularly scheduled Zoom classes will continue for those that wish this method

Phase 2: May 11-17

1. Adhere to all requirements as outlined in the TN Pledge – Opening Tennessee Responsibly Guidelines
2. Team gymnasts, intermediate and advanced gymnastics and tumbling as well as all martial artists will be offered classes of 10 or less.
3. Call in registration will be required for classes to ensure maximum numbers stay at 10 or below
4. Spaces for students will be clearly marked to keep distancing guidelines
5. Workouts will consist of flexibility, conditioning and basic drills on equipment for gymnasts (wiped down between rotations) and forms, drills and 12 punch / kick combinations for martial artists.
6. Private lessons will continue
7. No non-participant siblings or other children will be allowed to stay and we request that only 1 parent stay per family.
8. All regularly scheduled Zoom classes will continue for those that wish this method

Phase 3: May 18-24

1. Adhere to all requirements as outlined in the TN Pledge – Opening Tennessee Responsibly Guidelines
2. All level gymnasts and all martial artists will be offered classes of 10 or less.
3. Spaces for students will be clearly marked to keep distancing guidelines
4. Workouts will consist of a more normal routine and for all
5. Private lessons will continue
6. No non-participant siblings or other children will be allowed to stay and we request that only 1 parent stay per family.
7. All regularly scheduled Zoom classes will continue for those that wish this method

Phase 4: May 25-31

1. Adhere to all requirements as outlined in the TN Pledge – Opening Tennessee Responsibly Guidelines
2. All level gymnasts and all martial artists will be offered classes of 10 or less.
3. Spaces for students will be clearly marked to keep distancing guidelines
4. Workouts will consist of a more normal routine for all
5. Private lessons will continue
6. No non-participant siblings or other children will be allowed to stay and we request that only 1 parent stay per family.
7. This will be the last week of all regularly scheduled Zoom classes.

Phase 5: June 1st

Full opening and use of facility to include Summer Camp, clinics, TKD testing, Drop-In events, Birthday Parties and other special events such as Nerf Wars and Adult Open Gym will resume while maintaining necessary health precautions as outlined in the TN Pledge – Opening Tennessee Responsibly Guidelines.

Again, these phases and date ranges are subject to change as we hear more from our local and state leadership. We thank you for your patience and continued support as we navigate reopening Mpact Sports. Providing the safest environment possible for our athletes, families and employees is our top priority. Please do not hesitate to contact us if we can be of service to you in any way.
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Leading with a Heart of Faith,
Mpact Sports Owners & Staff