



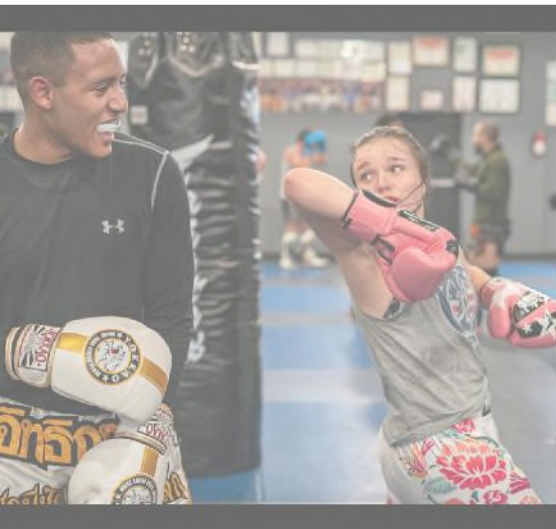
PLUS ONE DEFENSE SYSTEMS

HELPING YOU LIVE A HEALTHIER, HAPPIER, SAFER, MORE SUCCESSFUL LIFE

Per the Governor, we are now in the July 6th and forward "high risk" athletics portion of Phase 2. As such, we are adhering to the following temporary protocols that are in accordance, or **in addition**, to those outlined by the State. **By entering the building, you acknowledge and accept all risks, including those of potential illness, and you agree to hold harmless any, and all, staff members of our academy.**

Plus One Operating Protocol

1. We operate under a "Members Only" policy. We have a large facility, and class sizes do not reach a level of 50% capacity for the building. However, should this level be reached, we will ask you to register for class, prior to being allowed into the building. If you are an active student, you may do this by going to register.teamplusone.com. If you are a parent of a youth level student, you may enter the building, but we ask that you wear a mask and maintain appropriate distance from other parents.
2. Students will be required to answer a medical questionnaire, which was specifically designed with guidance from a local physician, prior to participating in class.
3. All State mandates will be abided by, including those surrounding social distance and the use of PPE. (Use of the lockers are only allowed for those to whom they are assigned.)
4. For now, some classes have been removed from the schedule, or modified, to help accommodate the highest level of safety and availability.
5. To help avoid any issues during class transitions, we ask that you arrive as close to the start time for your class as possible. While we recognize that the relationships you have with others are near-and-dear, we ask that you keep contact with others outside of class to a minimum. This includes the exterior of the building. Do not congregate in the parking area.
6. Foot traffic in the academy will be primarily one directional. (You come in through the front door for class, and we ask that you leave via the rear door.)
7. The drinking fountain will remain closed. Please bring your own water bottle. Our showers are single stall / individual in nature, and are allowed to be utilized. However, they are to be cleaned after use. Please advise a staff member if you desire to use one of the showers. The "gym" area (weights and cardio equipment) will be open, with limited capacity. Please obey the signage, and ask a staff member if you have any questions about equipment use.
8. We clean rather incessantly and use a hospital grade solution to do so. We will maintain our structure for cleaning. This will include a similar protocol as has been utilized by grocery stores and delivery workers during the quarantine period, which has "flattened the curve."
9. You'll notice that nobody has been following you around in the grocery store. Anybody can pick up produce and food products, bare-handed, and then put them back down without a staff member from that store spraying down the food item with a cleaner- ever. However, we will adhere to a more strict level of hygiene. We have invested in UV wands and other PPE items. Members will also partake in cleaning certain equipment items after use.
10. Person-to-person contact is now acceptable, including "wrestling," "boxing," and "martial arts." If you would like, however, we have disposable gloves, booties, and masks available.
11. We recognize the importance of medical health and the holistic nature of our overall well-being, which includes physical, mental, and emotional health. Classes are conducted in compliance with all mandates to support our membership's overall well-being.
12. We will continue to keep our online portal www.TheLemonadeNetwork.com open and available, for now, for all students, as there will be some who are not ready to come back to in-person classes. This portal currently has over 1800 video instructionals, and we encourage all of our members who are not yet comfortable coming to the academy for class to continue their training from home.



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Karate, Kung-Fu
Brazilian Jiu-Jitsu
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