



## Attention Parents:

As a facility/service that involves physical contact between our customers, I want to make sure that everyone is aware of our efforts and is following along with our **MatTime Hygiene Policy**.

Please review:

- All mats will be disinfected and wiped down throughout the day.
- All commonly touched items at MatTime will be disinfected on a daily (or multi-time) basis, door knobs, chairs, dispensers, table top..etc)
- ALL STUDENTS must wash their hands before starting class.
- If a student enters the bathroom they must wash their hands before stepping back on the mat. (Parents, please help enforce)
- All Jiu Jitsu students (bare feet training) must put on slides/shoes when in the bathroom.
- During water breaks please have kids use the hand sanitizing foam near the water fountain to wipe off their hands. They can also use other alcohol based hand sanitizers. See sanitizer on table near mats.
- If a student sneezes, coughs into their hands, or puts their hands in their mouth (or, their nose), they will be asked to go to the bathroom to wash their hands. Help the coaches enforce this one!
- If a student's cough and sneezing persists they will be asked to take the day off. Parents please help us monitor/tackle this so we don't have to request this. Your child may just have a simple cold, but we need to be diligent.
- As the head janitor of this facility I will also encourage parents to accompany their kids under 6 years old into the bathroom. Why? Well, lots of messes left behind in the bathroom which tells me that many young kids come back on the mats carrying 'stuff' on their hands, feet...etc. In short, monitor your little ones in the bathroom and make sure they are doing a good job of washing / drying their hands.
- It goes without saying, but **if your child has a fever, cough, sore throat or chills, please have have them stay home**. Though it is nice to see that Kids and young people are seemingly not considered a high risk age group with this virus, they can certainly carry and pass it on.

## Bad Hand Washing.

How a child usually washes their hands:

1. Places a lot of soap on hands.
2. Put hands under running water (soap placed in hand is completely washed off.)
3. Rub non-soapy hands for about 1.5 seconds.
4. Quickly grab a small strip of paper towel and wipe once, as quickly as possible.
5. Discard the paper towel on the ground.



Result: Hands are now wet, and no cleaner than they were before. BAD!

## Good Hand Washing!

How a child should wash their hands. See proper hand washing directly from the CDC at the following URL: <http://bit.ly/cleanerhands>

**Please follow these five steps every time:**

1. Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. \*Scrub\* your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

## Please Stay Home from Practice if:

1. The student has a persistent cough, or...
2. The student has symptoms of fever, body aches, sore throat, chills and/or respiratory issues are present
3. The student has had direct exposure to someone with COVID (i.e. Family member)

MatTime will maintain a focus on hygiene and disinfect MatTime on a daily basis while we keep a close eye on all COVID developments.

Regards.

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