

Dear ECMA Staff, Members and Guests,

Hi, this is Master Tommy. I wanted to reach out and share with everyone what ECMA is doing with regard to the news of COVID-19 also known as the Coronavirus. First, I'd like everyone to know I understand the severity of the Coronavirus concerns and ECMA is prepared to go above and beyond to beat it and be the safest business in our community.

Your health, safety and success are our #1 concern so I hunkered down for the past 72 hours compiled information I believe would be helpful for everyone to know. I didn't want this email to be too long, so I provided a few links to take you to the areas you are interested in learning about. **Please read and if at the end you wish to freeze your membership, there will be a link at the end of the email to do so. We respect your wishes to train or freeze.**

What ECMA is doing that all students and parents need to know?

At this time, ECMA is open for normal business in both locations and will continue teaching classes at this point. If things change we will let you know. Here is some information we would like to share. **(UPDATE: As mandated by the State, ECMA will be temporarily closed. However, ECMA will provide virtual classes to continue your progress from the safety of your homes.)**

- 1) ECMA will continuously evaluate information from the State as it comes in and take action if any new information arises.
- 2) We will continue to have our cleaning company clean, disinfect and sanitize the studio. We will add more detail below.
- 3) We will be educating our staff, students, parents and the people that attend ECMA with the proper methods to stay germ free.
- 4) We will be open to service our members that want to train until the state mandates that it will be safer if we close at that time we will let you know.
- 5) ECMA will provide hand sanitizer in the lobby, at the entrance and exit of each floor for use by our staff, members and guests.
- 6) ECMA will continuously clean during the day. Staff will have assignments to wipe down area's before and after classes.
- 7) ECMA will also assign someone to check and wipe down restrooms more often as well to keep the studio as germ free as possible.
- 8) Instructors and Staff will encourage everyone to wash their hands frequently. Before and after each class if they didn't use sanitizer.
- 9) MOST IMPORTANT: Our staff will encourage and remind everyone to not put their hands on their face (especially eyes, nose and mouth).
- 10) ECMA will modify the training so there is little to no contact between students.
- 11) There will be no more handshakes or hugs, but we do have a few substitutes. [Click here for the 6 ways to avoid shaking hands.](#)
- 12) There will be no more HIGH FIVE's. Instead, we will do Elbow taps or Foot Tapping. The foot tapping is fun and will bring a smile to everyone.

- 13) We have had many inquiries to host a day camp for the parents that need their kids to be watched. We haven't made a decision yet, but if you're interested [click here](#) and we will notify you tonight before 8pm.

What ECMA is asking all their Staff, Members and Guests to do?

The most important thing is good hygiene. We ask that staff, students and parents do the following.

- 1) If possible we ask that parents drop off their kids to train to limit the number of people in the bleachers. **Strictly VOLUNTARY.**
- 2) Please stay home if you are feeling sick, coughing, sneezing and or experiencing any of the signs listed in the information posted.
- 3) Please cover any open wounds or cuts to prevent entry of any germs.
- 4) Please keep your uniform washed and your sparring gear wiped down and sanitized.
- 5) Parents are encouraged to keep hand sanitizer and wipes with at least 60% alcohol in their vehicles and use them before entering ECMA.
- 6) Use hand sanitizer before entering ECMA and if possible use a Clorox Wipe (or similar) on the door when you enter the studio.
- 7) No contact with staff, other students or each other. Use one of the 6 methods above to replace handshakes, hugs and high fives.
- 8) Be mindful that even if you're not worried about getting sick, others are.
- 9) Be respectful. Everyone has their own level of belief and each family may have different priorities. Be respectful and adhere to all recommendations.
- 10) [Click here](#) for a list on how to stay healthy from the CDC for elderly and people with chronic health conditions.
- 11) To go over and above the call of duty... if you can shower and wear a fresh change of clothes upon entering ECMA it will go a long way in keeping you and everyone around you safe.

What ECMA is doing at night to prepare for classes?

ECMA has hired a professional cleaning company. This company is not just a company, it's a family that has been cleaning our studio for years. Their daughter received her black belt with ECMA and even worked for ECMA so her parents have first hand knowledge of what and why everything needs to be cleaned to truly be as germ free as possible. They are not just our cleaning company, they are family. In addition, their daughter is currently an undergraduate majoring in Public Health Sciences with a strong background in epidemiology, microbiology, and other sciences. Therefore, she is a good resource to use if questions arise.

To give you a perspective on their dedication and thoughtfulness, before I could call a meeting with them they texted me about meeting. They advised me of the additional things they thought they should do. Although they already use the best solutions and have the correct cleaning schedule, we decided to just increase the frequency of some of the things we do. This means we need to do more during the day during classes as well as at night.

Currently here are just some of the things they do now and have always done. We were proactive even before the Coronavirus.

-Wipe down all the surfaces that people can touch including but not limited to....Front desk, counters, cubbies, bleachers, door knobs, everything in bathrooms, water fountain, railings, equipment on the floor, computers, phones and any items that may be handled by someone.

-Disinfect the training mats. We have always done this and have always had the hospital grade cleaners that are also safe for the students. In case you would like to know, we use a solution called Simple Green D Pro 3. [Click here to view.](#)

-We are committed to keep supplies in stock. Our company has ordered many supplies already and are keeping tabs on ordering the ones that have already sold out. Since we thought ahead, we are still stocked, but we are trying to keep ahead of the rush by stocking up on everything we need.

I was very careful to pull information from either the CDC site or links that came from the CDC or other accredited sources. That being said, please fact check anything you read or see. Feel free to email me at Tommy@EastCoastMartialArts.com if you have any questions, concerns or feedback for me.

Thank You, Master Tommy Lee

ECMA understands if Students are worried and would like to put a Freeze on their membership. If this is you, click here and fill out the form.

Scroll down if you would like additional information that I spent 3 days researching. There are many links so you have the option to click what you want to see or to scroll past those things that don't interest you. I tried to cover an array of topics based on the diverse student base we have. Some people want certain information and others want different information. Enjoy, this took me a few days to compile.

ECMA Staff and assistants are required to scroll down and read, everyone else may do it as they desire.

COVID-19

The Coronavirus Disease 19

(The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19").

[Click to watch a Quick Explainer Video regarding Coronavirus](#) (4:49)

The coronavirus is not new, it's part of a large family of viruses that accounts for 10-30% of colds and upper respiratory tract infections in adults. According to the Gladstone Institute representative this is not an epidemic, it is an outbreak. The three serious Coronavirus outbreaks are as follows:

- 1) In 2002-03 SARS (Severe Acute Respiratory Syndrome) infected 8,098 people with the death total of 774. 9%
- 2) In 2012 the MERS (Middle Eastern Respiratory Syndrome) infected 2,494 people with 858 deaths. 30%
- 3) In 2019 COVID-19 (2019 Novel (New) Coronavirus) Statistics have been changing everyday.

Two virologists answer questions about the Coronavirus in a briefing held on Feb 6th, 2020.

For a summary of the briefing, [Click here to read some interesting facts](#).

For a deep understanding about the Coronavirus and it's history [Click here to view a recording of the live briefing](#).

Here are some links to information that you may want to know or share with your family.

This virus and others will be around for quite some time. Being scared and not going anywhere is not the key, but having the knowledge, taking action and being mindful is the way to reduce the chances of you catching something and/or transmitting something to someone. These practices should be followed regardless of this epidemic.

[Facts about Covid-19](#)

[New Novel Coronavirus](#)

[Should you be worried?](#)

[Video Facts & Myths](#)

[What you need to know](#)

[What to do if you are sick](#)

[Stop the spread of germs](#)

[Symptoms of Coronavirus](#)

[What things have germs](#)

[How to wash your hands](#)

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time

1. Wet your 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.

[Why? Read the science behind the recommendations.](#)

Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use. Learn more [here](#).

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Thank you to all who support ECMA.
Stay Safe,
Master Tommy