

JSK TAEKWONDO

COVID-19 IN-PERSON CLASS PROTOCOLS

Our Commitment To You:

- Temperatures will be taken and Wellness Questions will be asked before entering the building.
- Class sizes will be reduced to better control proper social distancing guidelines.
- Students will be placed a min. of 6' apart
- There will be no "Contact Drills" in classes
- There will be no Shared Equipment (any pads or heavy bags used in classes will be individual use only)
- There will be 15 minutes in between classes to allow for sanitization and to prevent crowding while students enter/exit.
- Masks are required for anyone to enter the building. Due to this, classes will be Low Impact for the time being; focusing on Patterns, Flexibility, and Fundamental Techniques as opposed to Endurance and Intense Physical Fitness.
- All Equipment will be sanitized between uses.
- All Public Surfaces will be Sanitized between classes.
- Hand Sanitizer and Anti-Bacterial Wipes will be readily available for students to sanitize before and after each class.
- The Viewing area will be minimized to promote proper social distancing Guidelines.
- Instructors will be responsible for retrieving student attendance cards to minimize close proximity contact and sharing of materials.
- Virtual Online Training options will continue to be made available for students choosing that method of training.

The Commitment we ask of you:

- Anyone entering the building, please arrive wearing a Mask. It must be kept on at all times.
- All Instructors, Assistants, and Students are requested to please remain at home if they, or anyone in their home, is experiencing any signs of illness.
- Minimize the amount of equipment and material you bring to the studio. No Sparring Gear will be needed until further notice, and when possible please arrive dressed and ready for class to avoid use of Changing Rooms.
- Please bring a personal Water Bottle. The public water machine will be out of service until further notice.
- We have always welcomed parents to view classes and encourage parent participation, especially for our younger students, however because the waiting room numbers will be minimized, we hope you understand this is not something we are able to encourage at this time.
- At this time if possible please drop off and collect students at the door rather than parents/guardians increasing the numbers by entering the building.

FOR YOUR REFERENCE, ALL OF THE FOLLOWING PROTOCOLS WILL BE POSTED ON THE JSK WEBSITE AS WELL AS OUR FACEBOOK PAGE, AND HARD COPIES WILL BE POSTED ON THE DOOR.