



# COVID 19 Information

*Before entering our premises, please self-monitor. If you are displaying any symptoms of COVID, please refrain from coming to class and only return when you have been symptom free for a week. If you have been to class and then test positive for COVID, please let us know as soon as possible so contact tracing protocols can be followed.*

- Students must **enter through the GymZone doors, facing the large parking lot**. Parents and students will take off their shoes at the entrance and bring them to the shoe racks in the hallway.
- **Masks are mandatory upon entering** the building and throughout class. When actively engaging in physical activity and properly distanced, students may choose to remove their masks.
- Students, **please arrive no sooner than 5 minutes before your class** is schedule to begin and **leave promptly after class** is completed.
- Our seating area is available at reduced capacity; respecting our capacity limits, parent of toddlers or new students will be able to watch the classes. For all other classes we recommend that you simply drop off and pick up your students.
- Students will be assigned an 11' x 6' square to **ensure social distancing**. Class sizes will be limited to 15 students. In classes with less students, the areas will be expanded.
- Students should come prepared, already dressed in their doboks (uniform), and with a **bag containing a water bottle and hand sanitizer**.
- Socks or martial arts shoes will be permitted.
- Students will aid in disinfecting the equipment they used during class. Instructors of younger students will take care of the cleaning for them.
- For the first few weeks, contact between students will be limited; **no self defense during this time**. After that, partner drills and **self defense will slowly be re-introduced**. We recommend that students stick with a partner from the same household, or a single partner throughout the session. **Masks will be mandatory when engaging in partnered activities**.
- **No sparring permitted until further notice**.
- Mats and commonly touched surfaces will be **disinfected daily**.
- **All our instructors are trained on these protocols and required to enforce them**.

We reserve the right to update or modify our protocols based on public health guidelines and recommendations.

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