

Sheroan's Tae Kwon Do Academy

COVID-19 Rules and Guidelines

- If you feel sick or unwell, ***PLEASE STAY HOME***. Be considerate of other students! We will be using a **no-touch** thermometer to verify student wellness. A temperature of **100.4 or higher (CDC guideline)** will require that the student forgo participating in class.
- Instructors have been informed on different instruction methods for teaching students while also keeping them socially distanced by a **minimum of six (6) feet**.
- We will be **temporarily suspending contact drills** such as step sparring, free sparring and escape/grappling training to better follow current social distancing guidelines.
- Students **must use hand sanitizer** before and after class. We strongly encourage hand washing for at least 20 seconds before attending and after leaving class as well.
- We encourage students to wear their uniforms to and from the Academy. If you must use the changing room, there will be a strict **three (3) person limit**. Please change quickly and exit to allow other students to use the facilities.
- We request all students to observe personal hygiene rules and to also wear **clean/washed uniforms to every class**. We have uniforms available for purchase if you should find you need extra to accommodate this request.
- Please refrain from handshakes, high-fives, etc. and instead use the traditional form of respect when greeting each other: simply **BOW**.
- Instructor will take roll before the start of each class. **There is no longer a need to "check-in" on the clipboard**. This ensures less contact between students and materials.
- There will be a **fifteen (15) minute gap between scheduled classes** to allow efficient entry/exit of the Academy training floor. When your class is over, exit the floor, as instructed by your instructor, in an orderly fashion.
- We ask that only **one (1) parent/family member/etc. observe class per student**. Seating will be marked to allow minimum six (6) feet of spacing between individuals.
- We **politely request** that observers **wear a face mask while inside the Academy**. Guidelines do not require students to wear a mask (although they are allowed if they so choose) but as a business, we strive to meet our government's guidelines for safe operation. We appreciate your understanding.