

Healthy Precautions

As Always

Overly Protective:

One of my defining characteristics as an instructor is that I am overly protective of my student's health and safety. As usual, I will absolutely do my best every day of the year to keep you safe and healthy so you can continue to train and earn taekwondo's many mental and physical health benefits.

Stay Home if You're Sick:

At any time of the year students who have a cold, flu, or fever should stay home. It's very hard to exercise if you can't breathe. However, many of our students have asthma and/or allergies (myself included). Don't panic, not all coughs are contagious.

Hand Sanitizer & Soap:

As always, you are encouraged to use the provided hand sanitizer and soap to your heart's content.

Social Distancing:

In our Taekwondo culture it is perfectly polite to kick someone and purpose and very rude to kick them on accident. It has therefore always been necessary for us to keep 6-12 feet (2-4 mats) distance between training students. We usually space ourselves more than 12 feet apart to avoid any accidents.

Payments:

You do not need to make payments in person at all. I will be happy to send you an electronic invoice for monthly tuition, gear, and apparel purchases.

Things We've Stopped

Spectators:

To help keep the school as healthy a training environment as possible for our students we respectfully ask that family and guests wait in the car unless you need to come in to do business.

Large Group Classes:

We're limiting the amount of people in each group class in accordance with the state guidelines. To reserve your class space, please schedule through our website's Book Lesson page. Please, schedule up to 1 class per day. And please, let us know as soon

as possible if you can't make it to one of your scheduled classes so we can open up that class space to another student.

Group Events:

Group events such as Belt Testing, Potlucks, Craft & Game Days, Ninja Camps, and Birthday Parties do not allow us to maintain a healthy social distance, so we've abandoned all fun.

Attendance Cards:

I will keep track of your attendance for you, so you don't have to sort through the attendance cards everyone else touched too. Please check the attendance boards on the back wall to keep track of your attendance and skill stripes.

Handshakes:

Instead we'll use the more sanitary, but equally polite Korean bow to say hello, goodbye, and thank you (a bow is a very versatile thing).

Things We've Started

Group Classes

Group classes have been added and rearranged to more evenly space student attendance.

15 Minute Breaks Between Lessons:

This is to allow for plenty of time between lessons for people to come and go and limit the amount of people in the building and social contact.

Smaller Belt Level Testing by Appointment:

Parents will be asked to wait outside and view through the many windows.

Daily Cleanings:

We've moved up from cleaning the entire school a few times a week to sanitizing every day with Clorox wipes.

Hand Washing Signs:

When you sing along with the hand washing signs, please keep in mind that the bathrooms echo and we can hear you.