

# Student and Parent/Guardian Rules and Guidelines

1. ALL CONTACT MUST BE AVOIDED IN ORDER TO MAINTAIN PHYSICAL DISTANCING
2. Follow the assigned class schedule and attend on the time and day allotted to you.  
[DO NOT ATTEND OTHER CLASSES THAT ARE NOT ASSIGNED TO YOU]
3. The drop off is 5-10 minutes before your assigned class time. Pick up time should be right after class has finished.  
[Please do not be late. Students will not be allowed to stay after class]
4. Parents/Guardians may accompany their child into the building and stay for the class duration provided that they maintain physical distancing protocols and are wearing a face mask and face shield (optional).
5. Everyone who is entering the building will complete a COVID 19 health assessment.  
[\*Health assessment includes monitoring temperature before entry\*]
6. Students who screen negative can proceed to the training area directly.
7. Students who do not screen negative should contact their local health authorities and will not be permitted in. They should leave the building immediately.

# Student and Parent/Guardian Rules and Guidelines

8. Students and Parents/Guardians with a cough, fever, or who otherwise appear sick will not be permitted to enter the building.

9. Should a student show symptoms during class, the class will be ended immediately and all students and parents/guardians will be asked to leave the building.

10. Students entering the Dojang will be told to go to their allotted spot and space. An “X” will be marked on the floor showing where to stand.

[Students are provided a designated 2 metre x 2metre (6 feet x 6 feet) square for training. There will be a 2 metre (6 feet) space between their training box and another student’s training box next to them on all sides]

11. Do not step out or leave your training square/box without permission from Master Instructor.

12. Any behavior that compromises our safety precautions, physical distancing protocols, or promotes unsanitary training conditions will not be tolerated.

[The safety of our students is a top priority. A verbal warning will be given at first. A second warning, if necessary, will result in a dismissal from class. The parent/guardian will be called to pick up the student]

# Student and Parent/Guardian Rules and Guidelines

**13. Use of change rooms is permitted but limited to amount of people allowed. Students should come ready for class.**

**[Students may wear a tracksuit or other clothing over their uniform to keep their uniform clean if they wish]**

**14. Taekwondo socks or shoes is to be worn during class.**

**[If you do not have Taekwondo socks or shoes, regular socks can be worn for now. However, regular socks may be slippery on the floor. It is recommended to get Taekwondo shoes]**

**\*We have placed an order for Taekwondo socks and shoes, but they may not be available when we re-open. We will notify you when they are available for purchase\***

**15. Students are reminded to use washrooms at home prior to coming. Use of the washrooms in the building is permitted but limited to amount of people allowed.**

**16. Students should bring their own individual water bottle for personal use which is already filled prior attending training.**

**[The bottle and their bag can be brought into the Dojang and placed next to their designated area]**

**17. Students must wear a face mask and face shield (optional). If they don't have one, they will not be permitted to participate in class.**

**[\*We may be able to provide a disposable face mask if necessary, however repeated attendance without a face mask and face shield (optional) will result in a denial of entry\*]**

# Student and Parent/Guardian Rules and Guidelines

- 18. Touching the floor with one's hands should be avoided when possible.**
- 19. Ki-haps or yelling should be avoided or otherwise minimized as this increases the likelihood of spreading germs.**
- 20. No handshakes, high fives or other forms of contact should be made between students, instructors, and office personnel.**
- 21. Sparring and any other contact activities are not allowed.**

Please understand that the numerous rules and guidelines that we have placed are in order to ensure the safety of all our students. We at Champion Taekwondo prioritize our student's safety to the utmost degree. These guidelines have been carefully thought out in order to be safe, considerate, and fair. Thank you for your understanding and cooperation.