

Welcome Back Hero Students & Family!

We are excited to get back into action at Hero Martial Arts! We hope you have all remained healthy and active through these past weeks of social distancing at home. We are getting ready to open our doors again to our students and anticipate reopening as of Monday June 1, 2020. This of course is a tentative date and if there are any changes we will let you know.

Hero Martial Arts is reopening with the safety and health of our students as our number one priority. Therefore, we will be reopening under certain restrictions and limitations that we are communicating with you at this time.

Please Do Not Come to Class If you are Unwell

The most important step you can take to protect yourself and one another is to stay home if there is any indication you are feeling unwell or showing symptoms of any kind. We will have a no tolerance policy when it comes to students exhibiting symptoms of illness and they will be asked to leave class immediately. Please be considerate of your fellow students and teachers; if you are not feeling well stay home until you are sure you no longer pose a risk to others.

Reduced Class Sizes

From now on classes at Hero Martial Arts will be limited to 3 times per week of classes and each student will need to pre-select the classes they will be attending. Each class is limited to a maximum of 7 students, there will only be 7 slots available per class time. Each student will need to select their class time in order to be able to attend classes; any need to change your selected classes must be discussed with Master Cocco. For the time being we will not be offering unlimited classes or the ability to show up at any time for any class.

Available Days & Times for Classes

If slots are filled we will open an additional class time if necessary; Taekwondo classes will be offered Monday – Friday at 5pm, 6pm, & 7pm.

Kickboxing Classes will only be offered on Tuesday & Thursday at 8:00pm for the time being.

We are only reopening to classes at this time; there will be no summer camp at Hero for this summer 2020.

We understand these may not be ideal circumstances but we are taking a conservative approach to reopening and doing so as safely as possible during this time.

New Class Rules & Procedures

In addition to the changes mentioned above we will be implementing some new class procedures for students:

- The water fountain will be closed and off limits for the foreseeable future, we ask students that need hydration during class to bring their own marked bottles.
- Classes will begin on the hour and end at the 50 minute mark to allow for transition between classes and reduce crowding in the waiting area.
- We will be reducing our waiting area seating to comply with social distancing and encourage parents to wait in their vehicles during class if possible.
- For this initial phase of reopening we will be requiring some type of facial covering like a buff, mask, or bandana for all students and guests that enter our doors.
- Bathrooms will be limited to emergency use only please use the restroom before coming to class.
- Please come prepared for class & dressed in full uniform (no t-shirts), there will be no changing or dressing out allowed at the school.

Steps we have taken to prepare Hero Martial Arts for reopening:

- We have eliminated most of our shared gear inventory and thoroughly disinfected the school and all equipment and will continue to do so daily and in between class sessions.
- We will be modifying training to comply with social distancing and reducing the risk to our students. For the time being there will be no sparring and no partner work. We ask that students not bring their gear to class at this time.
- Our instructors will be wearing masks at all times when teaching and interacting with students and parents.
- We will have hand sanitizer available for use by students before and after classes.

We are Ready for Our Heroes

We understand these are different circumstances than we are all used to but we want to make sure we can continue to practice martial arts while considering the safety and health of our Hero Martial Arts students and family. As things progress and change some of these rules and procedures will be modified to align with the best and current practices.

We have missed our Heroes greatly during this time and are excited to finally have you back in action for your Taekwondo & Fitness training.

Please contact us to reserve your day and time selections for your classes and we look forward to kicking and punching with all of you at Hero Martial Arts. If you are interested in taking private lessons we have limited time slots available please discuss with Master Cocco to take advantage of that option.

Thank You,

Master Luis Cocco

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