



## **RULES AND REGULATIONS FOR LIVE CLASSES**

**EFFECTIVE July 7, 2020**

Fastkix Taekwondo will abide by all current CDC, New Jersey State and Federal guidelines for our business. With your cooperation we will be able to offer you and all our members a safe and stress-free experience.

**Classes:** Our Taekwondo & Kickboxing classes will be using an online scheduler with a limit of 10 participants/instructors in each class to adhere to social distancing guidelines. Classes will be live-streamed via Zoom and recorded and uploaded to our YouTube account. In addition to the live classes, we will continue to offer remote classes until further restrictions are changed.

**Dropoff:** To avoid any unnecessary contact between classes we are asking everyone to drop off their child at our side entrance and not to enter the building. Please wait in your cars until we open the side door for entry. Students must arrive to class completely dressed in their uniform pants, t-shirt and belt please. (Students may wear t-shirts to class for the summer except for belt exams.) To maximize class size, there will be no spectators permitted in the building, and parents may view the live class via zoom.

**Entering Class:** Students will stop at the hand sanitizer and no contact temperature station. Any student exhibiting coughing/sneezing/fever/runny nose, etc., will be asked to leave class. Once cleared through the no contact temperature station, students will proceed to their designated training spot. Our floor has been redesigned to have the mat color enforce the 6 feet distance requirement between students. Our beginning live classes will be no contact, so please do not bring sparring bags to class until notified to do so, and please bring as few personal belonging into class as possible.

**Masks:** All students and instructors must wear a mask that covers their nose and mouth for the entire class. Any students who remove their mask will be asked to leave class.

**Hygiene:** Please be sure that your uniform/training clothes and mask are clean. Please trim fingernails and toenails, and be sure long hair is pulled back off your face.

**Contact:** There will be no touching/contact permitted at all during class between students and/or instructors. Social distancing will apply at all times and all classes will be taught to minimize the possibility of contact.

**Pickup:** Students will exit and be picked up at our main entrance to allow for proper distancing and sanitizing the school before the next class. Students who may need to wait for their ride will be able to wait in front or in our waiting room.

**Miscellaneous:** Please don't be offended if you or your child are asked to sit out a class due to any symptoms. We know that some symptoms may be due to allergies, but we also have no way to tell why someone is coughing/sneezing, etc. If you feel sick or are coughing or sneezing, please stay home.

**Spectators:** We are sorry, but we are unable to allow any spectators in the waiting room. There are no exceptions. Our goal is to get back to regular style live classes as quickly as possible while still following the appropriate guidelines, and to do so means we must restrict access to the school while classes are in session. If you are concerned that your child won't be ok in class without you in the waiting room, you can stand outside in the window or wait in your car and we will be happy to come and get you. Please remember that social distancing will also apply to anyone waiting outside the school as well.

**Instructors:** Our instructor program must remain on hold indefinitely due to the limits on class size. Until further notice, only staff instructors may teach due to the sensitive nature of temperature checks and monitoring students for any symptoms. Every instructor on the floor takes away a student space, so to allow as many students as possible to participate in live classes, we are only permitting staff to teach at this time. We will update you when our junior instructors will be able to resume teaching.

Thank you for your understanding. If you have any questions, please don't hesitate to email us or call Ms. Sue at 732-406-4832.

Thank you!