



RULES AND REGULATIONS FOR LIVE CLASSES

EFFECTIVE October 16, 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 limited class spaces for participants/instructors in each class to adhere to social distancing guidelines. Some classes may be offered remotely – please check our schedule.

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 full uniform 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.

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. Students are requested to bring sparring gear ONLY on sparring days please. Please check your email for the weekly schedule.

Masks: All students and instructors must wear a mask that covers their nose and mouth for entry into class. During strenuous activity, students may remove their mask. Instructors must wear masks at all times.

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. All gear must be cleaned and students must keep disinfecting wipes in their sparring bags to wipe off gear after every use.

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.

Thank you for your understanding. If you have any questions, please don't hesitate to call or email us.

Thank you!