

COVID-19 Safety Guidelines

By attending class at Ling's Oriental Martial Arts, you agree to follow these guidelines. Attendance is voluntary and at your own risk.

- 1. Do not enter if you are not feeling well, have any COVID-19 or flu-like symptoms or have been in contact with anyone with symptoms.**
- 2. Bring a clean uniform to change into for each class. Remove shoes and hand sanitize at the door.**
- 3. Anyone entering the dojo must sign in and out each visit.**
- 4. Face masks are required unless you've been fully vaccinated. Maintain social distance whenever possible.**
- 5. No food is allowed. Bring your own water in a closed bottle.**
- 6. Clean up after yourself and wash hands thoroughly before leaving the restroom.**
- 7. Report any illness or contact with others with COVID-19 to Master Ling immediately.**
- 8. If you cannot comply with these guidelines, opt for online training.**

