

# 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. In-person training must be scheduled with Master Ling in advance. Call or text 765-437-8813 to make arrangements.**
- 2. 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.**
- 3. Bring a clean uniform to change into for each class. Remove shoes and hand sanitize at the door.**
- 4. Anyone entering the dojo must sign in and out every time.**
- 5. Face masks are required. Maintain social distance whenever possible.**
- 6. No food is allowed. Bring your own water in a closed bottle.**
- 7. Only one parent/guardian may accompany students, no spectators, siblings or other guests.**
- 8. Clean up after yourself and wash hands thoroughly before leaving the restroom.**
- 9. Report any illness or contact with others with COVID-19 to Master Ling immediately.**
- 10. If you cannot comply with these guidelines, opt for online training.**

