

SPIRIT TAEKWONDO

RETURN TO TRAINING PROTOCOL

Spirit Taekwondo has put together 'Return to Training' guidelines in accordance with recommendations and requirements of Alberta Health.

The latest Alberta Health guidelines regarding martial arts/ recreation centres may be found here:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

REOPENING DATE

Spirit Taekwondo will reopen it's facility for July 6th. In the beginning we will have a reduced schedule and will be adding more classes as time goes on. Class size will be limited to 25 students and students will be limited to 2 classes per week until protocols are more relaxed and we can accommodate more students per class.

ENTRANCE & EXIT PROCEDURE

To ensure the safety of our members & staff, please adhere to the following procedures when entering and exiting the gym

Preregistration	<p>As social distancing & health regulations limit our capacity, all members must preregister before every class. This ensures students do not get turned away at the door & helps with contact tracing. Attendance without preregistration will not be allowed.</p> <p>As space will be limited, please do not book a class unless attendance is confirmed.</p> <p>Please call or email (master.thaile@gmail.com) to book all classes and get the zoom password for the week. Zoom passwords will be changing weekly.</p>
Line up	<p>Please line up outside the gym and observe social distancing protocols by staying at least 2m or 6ft from each other or wait in your vehicle until the doors are open.</p> <p>The front door will open 5 minutes before the scheduled class & will be locked at the start of class. Latecomers will not be allowed entry.</p>
Screening	<p>Students and spectators will sign a form confirming that are not feeling ill or exhibiting any symptoms of illness and that they have not been in contact with anyone showing symptoms.</p> <p>Hand sanitizer must be used when entering the facility.</p>
Designated Training Space	<p>After screening, students will go to designated area on the mat take their personal belongings & water bottles to their designated area.</p> <p>Students are to stay in their designated areas for the entirety of class. Change rooms will not be permitted. Please limit the use of the restroom if possible.</p>
Dismissal	<p>Once class has ended, students will be dismissed in stages in an orderly fashion.</p> <p>There will be no access to the change rooms. Please limit the use of the restroom if possible</p>

SANITATION, CLEANING & DISINFECTION

Training floor, door knobs, handrails & washrooms will be clean prior to every class.

Hand sanitizer will be located at the entrance of the gym, and the entrance of the training floor.

CHANGE ROOMS/ WASHROOMS

Change rooms will not be accessible. Students are to be dressed in their taekwondo uniform or exercise clothing upon arrival.

Washrooms will be available if necessary, but please try to go before or after class at home.

SPECTATORS

Spectators will not be allowed until restrictions ease.

- There will be an exception for parents of the 4-5 year old class & other circumstances. Please contact us with concerns of this. Spectators must follow social distancing guidelines. Please also limit only 1 family member per child.

Classes will be live-streamed for those whole would like to watch their child's progress.

PHYSICAL DISTANCING

Students will have a designated training area marked off on the floor. There will be a minimum of 2 metres from other students

MASKS

Masks may be worn, but not recommended during intense physical activity.

In the event that a student requires basic first aid, a family member can attend to the injured. If not possible, a first aider will use appropriate personal protective equipment, including a mask and gloves.

PAYMENT

We ask that payments of monthly tuition are to be preauthorized credit card or done via e-transfer if possible. You may come into the office to make payments by calling up to the office and we will let you in.

HANDS FREE TEACHING

All instructors will provide hands free instruction when providing feedback until such time when physical distancing measures are relaxed

RESPIRATORY ETIQUETTE

Instructors, students & spectators are to follow good respiratory etiquette (ie. sneezing & coughing into the crook of the elbow). Hand sanitizer is to be used before class.

OUTBREAK PROTOCOL

Should a student show symptoms during class, the class will be ended immediately and the students will be asked to leave.

Should an instructor, student or spectator test positive for COVID-19, classes will be suspended immediately and local health authorities will be notified. Classes will resume when approved by Alberta Health.