



Est. 1996

RULES AND REGULATIONS

COVID-19 AMENDMENTS

- 1. Bow to the flags and instructor(s) when entering or leaving the school.
*Wear an approved mask at all times.***
- 2. Do not enter class late or leave early without permission. *If you are ill or have symptoms of illness, do not attend class. If you become ill during class, please inform your instructor immediately and obtain permission to leave.***
- 3. Conduct must be appropriate at all times (no laughing, loud conversation, horseplay, foul language bad behavior, etc.). *When thanking your instructor or another student, say “Hay-Cho” and bow, but do not shake hands.***
- 4. No wearing of watches, earrings, necklaces, bracelets, or other jewelry while training. *Protective masks must be worn at all times, however.***
- 5. Wear a clean uniform (and mask). Keep hands and feet clean and nails trimmed. *Apply sanitizer to hands and feet before and after class.***
- 6. Do not engage in any activities which might degrade Tae Kwon Do ethics or the school’s reputation.**
- 7. When speaking to any black belt or instructor use formal address and words of consideration such as “yes sir” or “no ma’am”.**
- 8. Students are expected to be courteous and understanding. They are also expected to help fellow students whenever possible.**
- 9. Any substitute teacher should be treated as you would your instructor.**
- 10. Students must have the approval of the school to enter any tournament competition or demonstration or participate in activities held by another school of Tae Kwon Do.**



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OTHER COVID-19 PROTOCOLS

- 1. We will adhere strictly to health regulations regarding numbers of persons permitted on the premises.**
- 2. Social distancing of at least six feet (two mats) will be maintained throughout all classes/lessons until circumstances permit otherwise.**
- 3. All “high-touch” areas (door handles, floor mats, bathroom fixtures, etc.) are cleaned and disinfected before, after, and, when necessary, during class.**
- 4. Unless weather conditions dictate otherwise, doors will be left open to permit the circulation of fresh air through the workout space.**
- 5. Attendees should bring their own bottles of water. We will no longer have a water fountain.**
- 6. If class is held outdoors (i.e., in the courtyard), please respect the rights of the other occupants of the building by keeping noise to a minimum (i.e., silent *Ki-Hap*).**

Amendments/protocols will be modified and/or added as necessary.