

GUIDELINES FOR TAEKWONDO INSTRUCTION BASED ON ALBERTA HEALTH REQUIREMENTS

- Please come to class at the assigned time only, do not enter until 5 mins prior to class.
- Everyone entering the school must wear a mask. Children can remove mask while training.
- Please use Hand Disinfection station upon entry.
- Student with temperature above 37.7 Degrees Celsius will not be allowed to participate. Temperature will be checked before admission.
- Please wear your uniforms to minimize use of change rooms. If change room is required, only one person to change at a time.
- Classes will be shortened by 5 minutes to allow for additional cleaning and disinfection.
- Bring your own water bottle and keep at station with you.
- Parents should try to remain outside the facility during class, but if inside maintain proper distancing and wear a mask.
- Classes will be designed in stations, with sufficient distancing and instruction will be modified to maintain this.
- Class size may be limited to maintain social distancing requirements.
- Please see guidance at www.aberta.ca/covid19 . If you have any symptoms or have been in contact with anyone with any symptoms, please do not come to class.

