



K TIGERS TAEKWONDO

POSITIVE MIND. STRONG BODY. HEALTHY SPIRIT.

May 12th, 2020

Hello students and families,

We are so excited to announce that we will be officially reopening the facility as of Saturday, May 16th. Like the state of Idaho, we feel it is prudent to reopen the dojang in stages, instead of going 100% full swing back to the way things were prior to the state's stay-at-home order was implemented.

With that in mind, below is an outline of our reopening plan that we call 'Stage One.' We cannot put an exact timeframe as to how long we will be in 'Stage One' but while we anticipate that many of the safety protocols outlined in this stage will be the new norm at the facility for a while yet, regarding the schedule changes, we will have to just keep an eye on how our state is doing with its COVID-19 response and containment, and evolve from there. When we are ready to move onto 'Stage Two', we will begin relaxing some of our regulations.

SCHEDULE CHANGES:

- A new schedule will be implemented that shortens the class duration to 30 minutes. By doing so, we are able to offer more classes per day that focus on a narrower range of belt levels, reducing our class sizes. This also gives us time to implement some of our safety protocols (ex: temperature checks, disinfecting equipment), and to give us time during each class to get students in and out of the dojang with minimal contact with others. Certain classes will be offered twice daily, so please take a good look at our schedule.
- Students will now have to sign up in advance for their class times via WWW.SIGNUP.COM. The exceptions to this rule are our Zoom, Little Ninja's, Women's Kickboxing, and Black Belt Club classes. This will allow us to put restrictions on how many students can be in the facility at any given time (13 to 15 max depending on the class), so that we can all optimally socially distance during our training, as well as allow our staff to give each student more one on one attention.
- All students are allowed to register for 2 classes per week at the dojang, and can also participate in our Monday Zoom classes. Students MUST register for their regular belt level classes at the dojang, drop ins are not allowed. BBC students can also attend 1 BBC class every Saturday, on top of their 2 classes per week and the Zoom classes.

SAFETY PROTOCOLS FOR STUDENTS:

- The waiting area, dressing rooms and water fountain are now CLOSED and off limits:
 1. This means that parents, families, and students waiting for their class to begin, will need to watch and wait from their vehicle during classes - only students participating in class are allowed into the facility.
 2. Parents are more than welcome to watch from outside – we have over 40 feet of glass store front that makes it easy to do so!
 3. Students also need to come to class ready and dressed in their uniforms.
 4. Since the water fountain is now inaccessible, bring your own water bottle if you feel it's necessary.
- Please adhere to our illness policy and STAY HOME if you are sick until otherwise advised by a medical professional.



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- All students will be subject to a temperature check before entering the facility. Any student with a fever or exhibiting signs of illness will not be allowed into the facility until examined by a medical professional. To minimize contact, we will be utilizing a NO TOUCH thermometer.
- Students are asked to wear socks during their training. We know, sacrilege, right? While the reality is that you are probably not going to get coronavirus via your feet, this helps us to keep our mats as sanitary as possible.
- Students are asked to enter the dojang no sooner than 5 minutes prior to your scheduled class time, and to leave immediately after class. The waiting area is closed, so this means parents need to be on time for pickups and drop offs. When entering or exiting, remember to adhere to the 6 feet social distancing requirement.
- To our women's cardio kickboxing students, please bring your own personal yoga mat to class.
- Students will be given a disinfected kicking pad if we will be using them during class. Do not share kicking pads! After class, will again disinfect all equipment before the next class begins.
- Until further notice, all contact sparring is canceled. Please do not bring your sparring gear to the facility. We will still be practicing sparring techniques, but without gear and without contact.
- Use hand sanitizer, or wash your hands regularly with soap and water for a 20 second minimum before and after class, after visiting the restroom, and after blowing your nose, sneezing, coughing, or touching your face.
- We ask that students use their own discretion as to whether or not they will be wearing a mask during class. In either case, please cover your mouth when you sneeze or cough with a tissue or your elbow.

PROTOCOLS AT THE DOJANG TO HELP PREVENT THE SPREAD OF ILLNESS INCLUDE BUT ARE NOT LIMITED TO THE FOLLOWING:

- We will be using our new electrostatic sprayer that will greatly help in our efforts to effectively disinfect the entire studio between classes in minutes. This is a handy piece of equipment that is utilized by the CDC and all major airlines and hospitals to achieve a 360-degree, touchless disinfection using electrostatic technology.
- We will be limiting activities during class that require physical contact and physical assists.
- We will be adjusting our testing procedures to test our students in smaller batches to practice social distancing.

Our number one priority will always be the health and safety of our members and team and we are committed to minimizing the risk to our students during this time. We ask that parents take a few minutes to go over our policies with their kiddos so they understand the changes before they return to the facility. We thank you all for your cooperation. Please reach out to us if you have any questions.

THE KTIGERS TAEKWONDO STAFF