



## **Social Distancing**

- **Class size limited to 16 students**
- **Recommend parents/guardians dropping students off - or - 1 parent/guardian per student in waiting area if necessary**
- **Students will be spaced on the mat such that they are spaced a minimum of 6.5' apart.**
- **We will notify you before any changes to floor space and distancing happens.**



**Our curriculum is temporarily modified:**

- **No partner drills**
- **No handshaking / high fives**
- **No borrowed equipment**
- **No partner self defense**

**We will be focusing on:**

- **Conditioning**
- **Strength**
- **Flexibility**
- **Technique**
- **Weapons**
- **Life Skills**

**As of 6/16/20 we are:**

- **Light contact sparring**
- **Using length of room for floor drills and movement**



## When coming to class:

- Please wear a freshly laundered uniform
- Please use the bathroom before arriving (the bathroom is closed except for emergencies)
- Please stay home if you are not feeling well (cough, fever, etc.)
- You may join any class through zoom, or you may request a class that you will be missing to be recorded and posted on youtube.
- You may request a private zoom session if you have been joining remotely or had to miss a week of classes due to schedule conflicts.



**Face masks are optional. If it makes you feel better, you are welcome to wear one. It's a personal decision. We will respect your choice.**

**Grip socks (like used at trampoline parks) are optional. If worn, please make sure they have been freshly laundered.**

**Mats will be sanitized using UVC between classes and with ozone weekly.**

**Students may participate VIRTUALLY (videos/online) for as long as you choose during the coronavirus pandemic.**

**Everyone has a unique situation and concerns vary depending on the health of family and loved ones.**

**Online only students should try to participate during their normal class thru zoom, and should continue to sign up for the one on one zoom sessions for extra practice and to answer any questions that arise.**

**The calendly app will continue to be used to sign up for zoom sessions.**