

Tae Kwon Ki Do/ Karate Ki Do COVID-19 Pandemic



INSTRUCTOR(S):

- Instructor acknowledges that circumstances regarding COVID-19 are changing from day to day, and as a result, guidelines are regularly modified and updated. Instructor accepts responsibility for educating himself/herself on the hazards of COVID-19 and familiarizing himself/herself with most recent updates.
- Instructor will make participants (and participant's parents) aware of guidelines and that guidelines are followed by instructors, participants and spectators.
- Instructor will follow all state mandated guidelines (Responsible RestartOhio – for Gyms, Dance Instruction Studios, and Other Personal Fitness Venues).
- Instructor will encourage parents/participants not to arrive any sooner than 5 – 10 minutes prior to the start of their session.
- Instructor will set class sizes as follows: No more than 9 participants in a class. No more than 1 parent/guardian may accompany participant to the class.
- Instructor will not provide any congregation areas.
- Instructor will keep participants and parents aware of the steps that you are taking.
- Instructor will wear mask at all times in the facility.
- GRC will provide hand sanitizer for use by participants and instructors.
- Instructor will sanitize his/her hands immediately after entering the facility.
- Instructor will implement ways to minimize contact between participants and other participants, as well as participants and instructors.
- Instructor will avoid using unnecessary equipment. All equipment used will be disinfected between sessions.
- Instructor will take attendance at each individual session and will keep those records on file for at least one year.
- Instructor will promote COVID-19 Prevention Techniques
 - ❖ Stay at home if you do not feel well, are exhibiting symptoms of COVID-19 or have been in contact with someone with COVID-19 within the last 14 days.
 - ❖ If your temperature is 100.4 F or greater, stay at home.
 - ❖ Please maintain social distancing. Some people without symptoms may be able to spread the virus.
 - ❖ Wash your hands with soap and water for 20-seconds. If unavailable, use alcohol-based hand sanitizer that contains 60% - 95% alcohol.
 - ❖ Cover your nose and mouth with a tissue or your sleeve when coughing or sneezing.
 - ❖ Avoid touching your face after handling a ball, racquet or other equipment. You're your hands promptly if you have touches your eyes, nose & mouth with unwashed hands.
 - ❖ Sanitize your racquet after use.
 - ❖ Leave the facility immediately after use. Do not socialize after your session.
 - ❖ Avoid touching common surfaces, such as fencing, gates, benches, nets, etc.

- Instructor will encourage participants not to attend if they or any household member are experiencing any of the following COVID-10 symptoms. Symptoms may appear 2 to 14 days after exposure.
 - ❖ Fever (temperature over 100.4 F)
 - ❖ Cough (other than allergy related)
 - ❖ Shortness of breath or difficulty breathing
 - ❖ Body aches/muscle pain
 - ❖ Sore throat
 - ❖ Chills/Repeated shaking with chills
 - ❖ Headache
 - ❖ Tiredness/Fatigue
 - ❖ Nasal Congestion
 - ❖ New loss of taste or smell

PARTICIPANTS:

- Participant will wear a face covering in the facility and will keep it on until he/she begins to actively engage in exercise. Participants are not required to wear a face covering while actively engaged in exercise, but may do so at their own discretion.
- Participants will have their temperature taken and provide answer to COVID-19 symptom check at facility check-in.
- Participants are not required to wear masks, but may do so at their discretion.
- Participants will sanitize his/her hands immediately after entering the facility.
- Participants are to bring their own water bottles and towels. No team/group water coolers or shared drinking stations will be provided.
- Participants should stay at least 6 feet apart to maintain social/physical distancing.
- Participants are not to touch equipment, unless instructed to do so by the instructor.

SPECTATORS (PARENTS/GUARDIANS)

- Spectators will wear a face covering in the facility and will keep the face covering on at all times.
- Spectators will have their temperature taken and provide answer to COVID-19 symptom check at facility check-in.
- Spectators will stay at least 6 feet apart to maintain social/physical distancing.
- Spectators (Parents/Guardians) should not arrive at the facility with their child any sooner than 5 – 10 minutes prior to the start of their session.
- Only 1 parent/guardian may accompany participant to the class.