

*Students and their family members who have had a fever or symptoms of Covid-19 in the past 14 days are asked not to enter the studio. Student/Parents who show signs of a fever or symptoms of Covid-19 will be asked to leave.*

### Sign Up Required

We are limiting our in school class sizes to 12 students. You MUST email us your class day. First come / First served. **This is your permanent day until our regular schedule opens up. If you miss your day, there is no make up.** Limit 1 in school classes per week per student. Online classes do not need to be registered for.



No dropins will be allowed at the school at this time.

### Wash or sanitize your hands.

Hand sanitizer must be used by all students prior to the start of their class.



### Please bring water bottle

The water fountain will not be available for use. All students should bring their own water bottle. Water bottles must be labeled! Unlabeled bottles left at the studio will be immediately discarded.



### Arrive **ON TIME** in Uniform

Bring your Belt stretcher (purple belts and up)

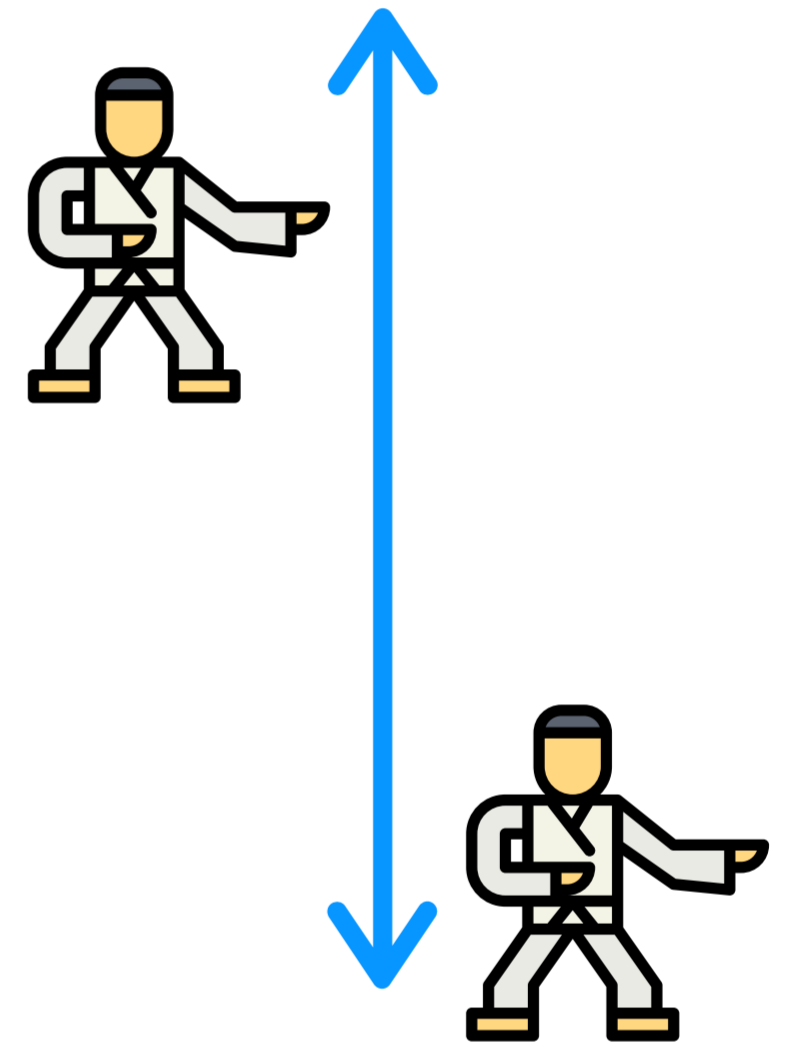
**DO NOT BRING SPARRING GEAR or SPARRING BAG**

Restrooms will be used for emergencies only. Please arrive in uniform and ready for class. **Restrooms will not be available for changing.**



### Maintain Social Distancing

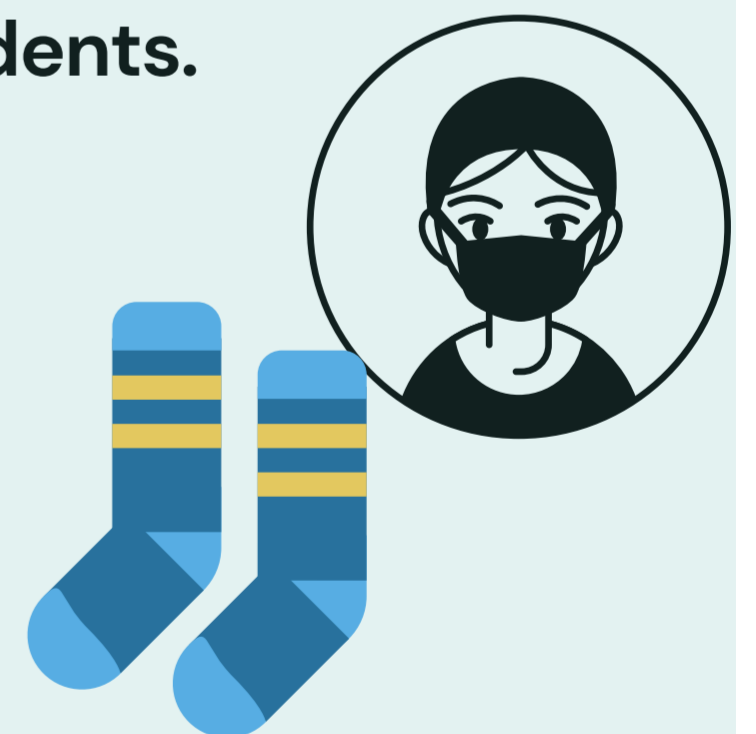
Students will be training in their own individual workout space. Students will not be able to enter until all students from the previous class have left. If you arrive early, please stay in your car or wait outside.



### Masks required for students.

Instructors and students will be required to wear a mask or shield at all times. Socks are optional.

All classes will focus more on technique and less aerobic activity to minimize heavy breathing



### Parents/Visitors should remain outside in their cars.

To maintain social distancing, please wait outside until we admit you into the studio. One adult parent/legal guardian per student (mask required) will be permitted in the studio and may sit in the students workout area. Sorry, no siblings. **Our lobby area is closed.** Classes will be streamed for viewing via Zoom. **All in studio classes are 30-35 minutes long**



### Our Commitment to your Health

We will clean and sanitize before and after class on all surfaces and equipment used.

Disinfectant, wipes, hand sanitizer, soap and water will be available.

