



Return To Training Protocols

BEFORE

- All students/parents must have read the [Return To Training Criteria](#)
- All students/parents must submit the **Return To Training Declaration**
- Students are advised to travel wearing doboks, changing facilities will not be in use
- Students are asked to travel to classes alone or with members of their own household. Sharing of transport is not advised
- Parents are asked to remain in their cars while dropping off students
- Students are asked to remain in the car until their allotted training time

DURING

- Classes will be divided into training 'Pods'
- Contact activity such as pad work or sparring is only conducted with members of a student's own Pod during a class. Students are to maintain social distancing guidelines with all other members of the class
- Only students and instructors are allowed at the Dojang, parents are advised to remain in cars at all times. Visitors are not allowed
- Students are asked to keep their kit bags in their designated Pod area
- Students will remain in their designated Pods for the coming months
- When returning to sparring, students must have own equipment, no sharing allowed
- Students can wear non-slip socks during a class, but not outdoor shoes
- Instructors will be assigned to specific Pods
- Hand sanitiser, tissues and bins will be provided for practicing proper hygiene before and at the end of a class

AFTER

- Students are to leave at the end of a class maintaining social distancing with other Pod groups
- Students should wash/sanitise their hands (and feet) immediately after returning home