

KORYO Traditional Martial Arts

Practice guidelines for protection from COVID-19 During Phase 2

**PLEASE OBSERVE THE GUIDELINES BELOW TO CONTINUE TO KEEP EACH
OTHER SAFE**

CAPACITY

We are limiting to 20 people in the building at any one time. This includes instructors, students and observers. Additional classes may be added if necessary.

CLASS SCHEDULE

Class schedules remain the same but classes will end 5 minutes early for equipment cleaning and to allow for students to enter for the next class.

WHEN INSIDE THE BUILDING

Facial covering is required when inside the building. Please use hand sanitizer as soon as you enter through the front doors. Hand sanitizer and disposable face masks will be provided. Keep conversation voices to normal or low level (no loud voices or shouting). Please use hand sanitizer when entering or leaving the building.

OBSERVER

Observers are welcomed and need to observe the 6 feet social distancing guidelines. Members of same family may sit together.

ON THE FLOOR

Breathable face masks are recommended (KN-95 masks are more restrictive for breathing while exercising). Students will line up at 6 feet apart; the floor is marked for this. If shields and target paddles are used, they will be set aside for cleaning after use. Please wash your hands after use of equipment. There will be no physical person-to-person contact such as free sparring, paired programmed sparring, or paired self-defense practice. No kihap or loud voice.

DRINKING

Please bring your own water bottle or container. Water fountains may be used only for filling of secondary containers, and surfaces contacted will be wiped down after use. No drinking directly from the water fountains at this time.

DRESSING

Students are strongly encouraged to wear their uniforms to and from Koryo to minimize the number of people and time spent in the locker rooms. Footwear may be placed along the wall near the entrance as well.

**WE THANK YOU FOR YOUR COMPLIANCE AND PARTICIPATION IN KEEPING
OUR KORYO FAMILY SAFE**
