

Guidelines for COVID for MARTIAL ARTS -

- Groups of less than 12
- Limited shared equipment will be sanitized between users.
- Drills/Warm Up will be structured in which participants can maintain a 6' distance from other participants.
- Masks for participants and coaches are required upon entering and exiting the facility. During class and physical exertion, masks are not required.
- Masks are encouraged for spectators.
- No shared snacks or water - each participant must bring their own filled water bottle.
- Parents must socially distance (sit 6 feet apart) if they choose to stay and watch lessons.
- If anyone is exhibiting symptoms of cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, loss of taste or smell, or diarrhea, they should not attend practice, lessons, or games.