

Next Gen Mu Sool COVID-19 Guidelines

For Stage 4 Restrictions

Current as of August 2, 2021.

Here are the current guidelines we will be following for our in person classes as of the date listed above. Everything is subject to change based on information as it comes in. We will be constantly updating our rules to follow the most up-to-date safety precautions. Thank you for following these guidelines while in the Dojang.

Our Mission Statement:

- As martial arts instructors we believe in trust and honor among our martial arts family. We will not be asking if you are vaccinated or not. The Dojang is a politics- and bully-free zone. We will list the guidelines that we feel will best protect our school and family. The Dojang is designed to be a second home for everyone and we take pride in how welcoming our Dojang is to everyone. We ask that everyone follow our guidelines out of respect for our family, staff, and fellow students. The ultimate goal is to provide a safe environment for everyone to come and train together.

All Students:

- Our in-person classes are currently only available to vaccinated students and kids under 12 years of age from vaccinated families.
- Our full-schedule virtual program is available to all students regardless of vaccination status, and anyone who does not yet feel comfortable training in person.
- We ask that students report any positive COVID-19 results to us. These will be kept confidential, but will help in stopping the spread from other students in the same classes.

Parents:

- Spectators and Visitors
 - We ask that no parents, spectators, siblings, or any other non-students enter the school at this time. Keeping contact to a minimum is the best way we can maintain in-person training for your students.
 - We now offer a dedicated camera to watch your students in class, so please ask about the login information. You can watch the class via computer or cell phone.
- Masks
 - If you must enter the school for some reason, please wear a mask. This applies for both vaccinated and unvaccinated individuals.
- Meeting with the Instructors:
 - We ask that you schedule a meeting in advance if you need to speak with the instructors. This will help ensure you will have the instructor's full attention and will not take away from the students' class time. One of the exciting new additions is that we have a student phone app that will allow you to order and pay for most of our martial arts equipment, check your schedule, and send us

messages. One of our big goals was providing as much contactless convenience as possible for our students and parents.

Minor Students:

- Masks:
 - While indoors students will be required to wear masks. If you are unable to wear a mask we will be offering virtual classes and occasionally outdoor training seminars.

- Drinking Fountain
 - We ask everyone to bring a refillable water bottle. We have a new water fountain installed with a water bottle refill feature!

- Drop off and Pick up
 - Please drop your child off 5 minutes before class starts.
 - Students will wash or sanitize hands upon arrival at the school.
 - We ask that parents drop off your children at the front where they will be checked in by an instructor and will receive a temperature check.
 - Students with elevated temperatures will be required to leave, but you may still take a virtual class that day.
 - After class is over we will have a 15 minute break between classes so that there is more transition time between drop off and pick up.
 - After class is over we will have everyone wash or sanitize their hands, and we will bring the students out to the front courtyard for pick up.
 - Please arrive on-time for pickup, since we will also need time to sanitize surfaces between classes.

Adult Students:

- Masks:
 - While indoors, students will be required to wear masks. If you are unable to wear a mask we will be offering virtual classes and occasionally outdoor training seminars.

- Drinking Fountain
 - We ask everyone to bring a water bottle. We have a new water fountain installed with a contactless water bottle refill feature!

- Check In and Safety Procedures
 - To help provide the safest environment for our students and family we will be asking that non-students wait outside. We will be offering a live stream of the class that your family and friends can access with permission. When you enter the school, please wait at the front and an instructor will meet you at the door to take your temperature with a contactless thermometer. We ask that you then use the hand sanitizer and head to the back where you can store your gear.

- We ask that if you are not feeling well that you stay home and take advantage of your virtual class option until you are back to 100%.

Instructors:

- Masks
 - Instructors will wear masks when they are within 6 feet of students in the Dojang. If the instructor is teaching at the front of the class away from the students they will be allowed to take their mask off while giving instructions.
- Physical Contact
 - Instructors will do their best to minimize physical contact as much as possible. Instructors will wash their hands between classes and will sanitize before making contact with the students. For completely contactless teaching see our virtual schedule.
- Instructors' intuition
 - With over 20 years of teaching experience we have learned to trust our teachers' gut. If any of the instructors are not feeling well they will not come into the Dojang and if they start to feel ill they will go home immediately.
- Cleaning Schedule
 - Instructors will wipe down the mats and any equipment between each class. We will have the students wait outside until 5 mins before class is scheduled to start. This will give us time to sanitize the Dojang between classes. Students and parents will wait to be checked in at the door.

Our Safety Protocols:

- Masks will be worn by everyone while in the Dojang.
- We ask that parents or non-students wait outside and only come in if you have an appointment.
- We will have hand sanitizer stations located at the front and back of the Dojang.
- We have two bathrooms that will be fully equipped with soap and disposable drying towels.
- All our instructors are fully vaccinated.
- If any of our staff is feeling ill they will be sent home and will not come back in until they are no longer showing symptoms.
- We will have masks on hand located at the front of the dojang.
- The water fountain will be a bottle fill station only for now.
- We have installed HEPA filters that will be changed regularly.
- Mats and the Dojang will be sanitized daily.
- We have implemented many contactless services.
- Cleaning station on the floor to wipe down any equipment that has been touched.