



Milford Tae Kwon Do Safe Re-opening Regulations

Please observe the following regulations so we can return to training in a safe manner.

1. If you are sick, or have a fever, please do not come to class.
2. No more than 25 people will be admitted to the dojo at any time. If we have more than 25 people in the room, parents will be asked to wait outside, or in another room. Admittance will be first-come, first-served. If you are the 26th student to arrive, you will not be admitted. **Students and instructors are prioritized for admittance. Parents, guests, and siblings will be asked to leave to make room for students if necessary. No exceptions.**
3. The second class will not enter the dojo until the first class has left. Students in the first class are asked to gather their belongings and leave as quickly as possible after class. Do not congregate or horse around.
4. **Parents are asked to bring hand sanitizer and disinfectant wipes for their students.** Any class gear that is touched will be sanitized immediately after use. Sparring will take place at the beginning of class, rather than at the end, so that sparring gear has the opportunity to dry before it is put away. We can no longer obtain disinfectant wipes for all students. You will not be permitted to spar or touch any class gear unless you bring your own.
5. Hand sanitizer must be used before class by all students. We'll see what we can do to have some available, but we can't guarantee we can get it, so please bring your own. You will not be permitted to participate in class without it.
6. During stretching exercises, basics, and all other training that does not require close contact, students will maintain a distance of at least 6 feet between each other and the instructors. This rule will be strictly enforced before, during, and after class. Maintain social distancing. This does not apply to members of the same family.
7. For training that requires close contact, such as sparring and self-defense, students and instructors must wear masks.

We realize that these rules are a burden. We profoundly hope that they will not be necessary for a long period of time. For now, they are necessary to ensure the safety of our students and instructors, and to make sure that families feel comfortable returning.

Best regards,
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