



Flying Kick Fitness™

Celebrating 20 years in Bethesda

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August 29, 2020

Dear Flying Kick Community,

Please accept my apology for taking so long to come up with a workable fall virtual and in-person studio Taekwondo schedule for the studio. The In-person studio schedule is a choice for those who wish to come in to a safe environment under the COVID-19 compliance policy.

Our virtual fall schedule will start on September 8th and will have new meeting codes and passwords (Schedule attached, codes and password to follow).

Studio Opening for classes/private group lessons (starting September 9th)

I have decided to open the studio two days a week, Wednesday's and Saturday's with limited class size, 6 children in a class or 5 adults in the adult classes. This will be under major COVID-19 compliance! To be fair to all, due to the limited amount of student in each class, parents or students must email us by Monday of each week to confirm which class/classes they will be attending (Schedule attached).

We will also have private group lessons in the studio and at other locations, these programs will also have the same COVID-19 compliance requirements. If you are interested in a private group lesson of up to six children, please send us an email to reserve your time.

Policy and Safety procedure to COVID-19 for Studio/Other Locations

All touchable items are put away, covered or stored in dressing rooms all kicking bags are covered.

No one will have access to the dressing rooms, students must wear uniform from home.

Students enter through the front door with their mask on

Students must sanitize immediately upon entering/departing

Staff will take each students temperature

Shoes must be removed before stepping on the mat

Each student will have a designated area to train at (training area is already divided into sections so each student can train at a safe distance from others no less than six feet)

The training area will be sanitized before each class and the bathroom will be sanitized for each usage.

Airflow is a MUST!! (A/C or hear on)

Four fans will always be on

Windows will be open

Front and Back doors will be open

Mask must be on during training including instructor

No visitors due to the limited amounts of students in the studio

After each class the students will exit through the back door

We must be notified if the student shows any signs of being sick with symptoms and must stay out of the studio for 14 days

If the students show up to the studio classes it is understood that all parents/students agree to our COVID-19 policy and safety procedure, it is also understood that the management of Flying Kick have the option of canceling those classes due to someone getting sick based on the above guidelines.

If there are any questions or concerns, please do not hesitate to contact me.

Stay safe,

Master Al-Atrash (Master A)

Owner

Flying Kick Fitness