

COVID-19 Guidelines for Fall 2020 Tae Kwon Do

- Students should arrive 10 minutes early to begin warm-ups and prepare their gear.
- Masks are required while in the common areas of the YMCA, and while students are not actively practicing. Masks must always be worn by observers. **(If any guest in your party are under the age of 2, they are not required to wear a mask)**
- Students must have their own sparring gear to participate in sparring. Gear must be disinfected before and after each class.
- Students are expected to arrive in their uniforms. Uniforms must be laundered after every class.
- We strongly suggest that students come with their water bottle.
- Students and instructors will maintain appropriate social distancing whenever possible.
- Parents while in the gym we do ask that you maintain appropriate social distancing.
- Class time is instructional time – students must be focused and on task to finish class and be out of the building by exactly 8pm.
- Please contact Sports & Rec Director Denzel Davis with questions – denzel@waynesboroyymca.org or Senior Program Director Sarah Santangelo – sarah@waynesboroyymca.org.