



Health and Safety Protocols under Covid-19

The health and safety of our students is our number 1 priority. Please take a look at the below guidelines and safety tips before stopping by for your next class.

Limiting Class Sizes

We are taking great efforts to reduce our class sizes, and keep to a ratio of 4 students for every 1 instructor in class. This allows us all to spread out more, and train safely.

Parents and Visitors

At this time, only students participating in class will be admitted into the facility. Parents are welcome to watch class from their vehicle, or to watch from outside. We have over 40 feet of glass store front that make it easy to do so while still socially distancing!.



Arrive dressed for class.

Please have your uniform and belt on at arrival. As has always been our policy, make sure you're feet are clean before stepping onto the mats!



Yes? Then No.

Please read the questions below. If you or your child answered "yes" to any of them, we cannot grant you access to the dojang until you've been cleared by a medical professional.

Masks/shields recommended!

The decision to wear a mask is a personal one, but one we recommend. That being said, we will always respect a student's autonomy regarding this issue.



- To the best of your knowledge, have you been exposed to someone who has tested positive for Covid-19, or who has symptoms compatible to Covid-19?
- Do you have new, or worsening onset of any of the following symptoms: fever, shortness of breath, cough, sore throat, body aches, chills, loss of taste/smell, or other flu like symptoms?
- Are any members of your household in quarantine due to exposure to Covid-19?

Check-In

Please do not enter the facility more than 5 minutes prior to your scheduled class time, and be prepared to submit to a contactless temperature check.



Our commitment to you:

Protocols at the dojang to help prevent the spread of illness, include, but are not limited to:

Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Maintain Social Distancing

Maintain a 6 feet distance at all times from other students, and avoid any unnecessary contact. Gathering in groups in the parking lot or the entrance to the dojang is not permitted.



- Limiting activities during class that require person to person contact.
- Deep clean and sanitation daily. We will be using our new electrostatic sprayer that will greatly help in our efforts to effectively disinfect the entire studio between classes in minutes. This is a handy piece of equipment utilized by the CDC and all major airlines and hospitals to achieve 360-degree, touchless disinfection using electrostatic technology.
- Sanitation of all high touch surfaces, equipment, and common room surfaces in between each and every class.
- Water fountains are currently closed and off limits.

