



**Tornado Taekwondo Inc.**

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## COVID-19 Prevention Action Plan. Stage 3.

The following is our ACTION PLAN. Please understand that it will change as we get information from the government. Restrictions will be reduced or removed as soon as we can legally do it, so we can get back to the way we normally do training.

### IF YOUR CHILD:

- HAS A FEVER,
- A COUGH OR
- A RUNNY NOSE, OR
- HAS BEEN AROUND ANYONE WITH THOSE SYMPTOMS,
- HAS BEEN OUT OF THE COUNTRY WITHIN THE LAST MONTH OR
- BEEN NEAR SOMEONE WHO HAS BEEN OUTSIDE THE COUNTRY,

**THEY WILL NOT BE LET IN. WE WILL ENFORCE ALL GOVERNMENT RESTRICTIONS.**

### Changes to Student Schedules:

- 5-10 yrs = Monday, Wednesday & Friday (8 per time slot). The group will start at 6:00pm and run for 40 minutes. 20 minutes will be used to sanitize the training area, then the next group will be allowed in.
- 11-17 yrs = Monday, Wednesday & Friday (8 per time slot). The group will start at 7:00pm and run for 40 minutes.

### Student Drop-Off:

- parents can stay inside Tornado Taekwondo Club during the class. Masks are mandatory
- Tornado Taekwondo **front door will be used for students drop off**
- students wait in their cars until the car in front of them has pulled away
- PARENTS MUST NOT LEAVE. Please stay in your car and wait on the parking lot until you make sure we let your child in
- students will be checked for fever with a hand-held digital thermometer
- anyone with a fever, a cough or runny nose will be told to go home

# COVID-19 Prevention Action Plan

- remind students to maintain social distancing (2 meters or 6 feet away from the others) at all times
- make sure your child used your home washroom before going to the training
- students must have footwear – taekwondo shoes or socks with appropriate grip
- each student must have an individual water bottle filled with fresh water from home
- absolutely no food allowed inside Tornado Taekwondo Club
- students will come in uniform: leave jackets, hats and all the other items in the car
- no handshakes, high fives or other contact should be made between students

## Sanitation Station & Inside Movement:

- TORNADO TAEKWONDO will provide the alcohol-based hand sanitizer
- all students will sanitize their hands after entering the building
- tape will create the necessary spacing on the stairs and hallway
- signs will indicate direction of travel, tape lines indicate spacing
- each student will advance one at a time to the training area
- staff will control all movement throughout the club
- there will be no change room access, students must come in uniform
- all students will follow the directions of staff

## Individual Zones:

- the training floor will be taped off so each student has their own zone
- the zones will be the required distance apart (2 metres)
- as each student enters the training area, they will be directed to their zone
- training will start when all students are in their assigned zones
- students will leave the training floor by zone, under instructor's direction

## Training:

- students will be skipping instead of running at the beginning of the class
- exercises and stretching will be done inside their zones
- students will train a series of drills & techniques
- we will not practice SPARRING until further permission from Taekwondo Ontario

# COVID-19 Prevention Action Plan

- patterns may be done in alternating rows if space allows
- instructor will be assigned the row, while maintaining the distancing
- sparring drills will replace actual sparring

## Washroom & Change Room needs:

- THERE WILL BE EMERGENCY WASHROOM ACCESS, BUT CHANGE ROOM WILL NOT BE USED. STUDENTS MUST COME IN UNIFORM.

## Student Pick-up:

- students will **leave through the front door, one at a time.**
- students will quickly move to the parking lot to meet their parents
- parents MUST BE THERE IN TIME
- students CANNOT come back into TORNADO TAEKWONDO once they have left.
- please be respectful of other vehicles and park properly
- watch for children in the lot
- if you wish to wait on the lawn for your child, maintain proper distancing

## Parent Issues or Inquiries:

- we understand that there will be questions, issues and inquiries
- if you have issues or questions, use one of the following methods:  
write to us at [contact@tornadotaeckwondo.ca](mailto:contact@tornadotaeckwondo.ca) or at [olga.litviakova@gmail.com](mailto:olga.litviakova@gmail.com)
- or leave a voice message or text at 289-828-6116
- leave a message or text to Master Andrey at 289-828-6565
- we will monitor these and get back to you within 24 hours

Together, we can prevent the spread of COVID-19 within TORNADO TAEKWONDO CLUB and keep everyone safe, but only if everyone follows the rules. Please follow the rules.

**Sincerely,**  
**Master Andrey**  
**Head Instructor 5<sup>th</sup> Dan, Tornado Taekwondo Martial Arts Club**