

Outdoor Class Protocols for Students

- * Students must register for class. Text Sifu at 518-222-1985 before noon, the day of the class.
- * Students need to arrive between 6:10 and 6:25pm (in Ballston Spa) and between 4:40 and 4:55pm (in Warrensburg), so as to minimize congestion. **Late arrivals will not be allowed to join the class.**
- * If Ballston Spa or Warrensburg registers any rain that day, class in that town will be cancelled.
- * COVID Release Forms and pens will be provided the day of class. Parents may download and complete the form, so as to expedite the process and skip Step 1, at eightstarmartialarts.com or reddragonkarateschool.net
- * Plan for the heat: bring a water bottle and towel; wear a hat and/or sunglasses; apply sunscreen before arriving.
- * Students should wear a school shirt or uniform top, uniform pants, and comfortable sneakers which tie (no open toed shoes or sandals).

WHEN YOU ARRIVE IN BALLSTON SPA:

We ask that only students exit the vehicles.

1. Students will take a COVID Release Form and a pen (at the foot of the stairs, leading to the left door) and return to their vehicle for completion and signatures. Students under the age of 18 must have their parent/guardian complete and sign their forms.
2. Students will take the completed form (and the pen they borrowed) to the stairs by the left, front door of the studio.
3. Students will stand on socially-distanced, marked spaces, where they will wait to be called for a temperature check. Students will record their own temperature on their form, before dropping it and the pen into the provided bucket
4. ***Any student, whose temperature is above 99.3 degrees Fahrenheit, will be asked to return to their vehicle and will not be allowed to enter the training area
5. Students will be directed to their individual workout areas, where they will remain until dismissed.

Once Sifu begins class, no one else will be allowed to enter the class

WHEN YOU ARRIVE IN WARRENSBURG:

We ask that only students exit the vehicles.

1. Students will take a COVID Release Form and a pen (at a station outside the front door) and return to their vehicle for completion and signatures. Students under the age of 18 must have their parent/guardian complete and sign their forms.
2. Students will take the completed form (and the pen they borrowed) to the dog walking area, near the dumpsters.
3. Students will stand on socially-distanced, marked spaces, where they will wait to be called for a temperature check. Students will record their own temperature on their form, before dropping it and the pen into the provided bucket
4. ***Any student, whose temperature is above 99.3 degrees Fahrenheit, will be asked to return to their vehicle and will not be allowed to enter the training area
5. Students will be directed to their individual workout areas, where they will remain until dismissed.

Once Sifu begins class, no one else will be allowed to enter the class

Outdoor Class Rules

- All persons should remain at least six feet apart to the greatest extent possible.
- Face masks must be worn at all times.
- Students must remain in their assigned workout stations (clearly marked) at all times during the class.
- Parents are asked to wear masks and practice social distancing, while waiting for their children. We ask, that you not congregate in the parking lot.
- The studio will be closed and locked — there are no restroom facilities available.
- Once we are in our assigned workout stations, we stay there. Water breaks will be taken in our assigned workout stations, so keep your water, towel, and sunglasses/hat with you at all times.
- At the end of class, students will be dismissed **one at a time**, so as to continue social distancing — students are asked to get into their waiting vehicle and leave (you don't have to go home but you can't stay here...)
- If you are experiencing ANY symptoms (fever, cough, shortness of breath, chills, loss of taste or smell), **STAY HOME!**

Violation of any of these rules will lead to the removal of the student from class.