



Sun Bae Korean Martial Arts Pty Ltd

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COVID SAFE OPERATING REGULATIONS

Dear Students & Parents

I hope my message finds you well.

It is with great pleasure we announce the return of Sun Bae classes, back in our local centres. Sun Bae has qualified as a COVID Safe "Martial Arts School" and each Instructor has successfully completed their COVID Safe certification (see their centre information online), generously supplied through one of our National Bodies.

Naturally, we cannot wait to see you back, especially with the next grading looming at the end of July. And please note, as Grading examiner, I will be taking into account the lack of face to face time over the last few months. No one will be penalized and you may see a somewhat modified grading test.

Our return to classes is under Stage 2 of the Queensland Government "Road Map". Accordingly, we are limited to 20 bodies inside the hall. And there are other restrictions. To this end, ***please find attached a helpful guide*** to ensure your path back to Sun Bae training is smooth.

And don't worry, where necessary, coaches will be providing extra classes, which will be posted online once we have a solid schedule. But the times will not vary so much from the previous timetable before COVID. And let me say now, you will likely need to book, be organized and be obliging with our requests. Apart from the regulations we must follow, the coaches will have a mammoth effort to organize the attendance each night. I dare say, you will need to be as helpful as possible in order for them to be successful.

I know the coaches are very excited to be returning earlier than expected. I look forward to seeing you back at Sun Bae face to face and I look forward to your upcoming grading test.

Thank you.

Sincerely
Master Instructor
Bradley Tatnell
Director & Head of School

RETURN TO PLAY GUIDE (STATE GOVT)

https://www.covid19.qld.gov.au/__data/assets/pdf_file/0026/127943/return-to-play-guide.pdf

STAY UP TO DATE

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>.

COVID SAFE STUDENT REGULATIONS

BEFORE COMING TO CLASS

1. BOOKING

- Classes are limited to 19 students.
- Your local centre may be operating extra classes with different times.
- Avoid disappointment and plan ahead please.
- Training at different centres will be allowed – but priority will go to the students enrolled at that centre first.
- Booking is preferred. Priority given to students who book. Spaces are limited. Text your Instructor with:
 - * Student given name & surname
 - * Intended Class Time

Note: please be helpful with your information, coaches have many students to organise.

2. PREPARATION & ITEMS TO BRING

- MUST bring water bottle (full) and, if possible, personal towel & gel sanitiser.
- MAY bring personal mitts, paddles, pads for own use only.
- Attend to personal needs prior (hall toilets for emergency only).
- Parents to drop off and pick up only (no spectators).
- Arrive in uniform, if possible (change room no longer available in some halls).
- Leave your Training Card at home.

3. FEELING UNWELL

- Fever, coughing, sore throat, fatigue and shortness of breath are COVID symptoms (not laziness).
- Do NOT attend class.
- Advise Instructor by text you are cancelling your booking (& why). Allow others to book.

STUDENT OBLIGATIONS AT CLASS

1. Wait outside (spaced 1.5m) until you are asked to enter the hall by the Instructor.
2. Enter the hall via the designated ENTRY DOOR and leave by the designated EXIT DOOR.
3. Distance or space out your street shoes from other shoes stored at the entry.
4. Your temperature will be checked with our infrared thermometer device.
5. Practice distancing 1.5m – no contact with each other (except family members).
6. Train in your 2m x 2m area – avoid accidental contact.
7. Restrain from using the toilet facilities, unless it is an emergency.
8. Have fun & welcome back!!!

COVID SAFE FACT SHEET

Signs and Symptoms

The most common symptoms of COVID-19 are:

- **Fever**
- Flu-like symptoms such as **coughing, sore throat** and **fatigue**
- **Shortness of breath**

Higher Risk Populations

- **Older people**
- Those with underlying medical problems including **high blood pressure, heart problems, diabetes, respiratory disease or immune deficiencies (low immunity)**.

How Does It Spread?

- COVID-19 spreads from person to person through **droplet transmission**.
- Droplets are small pieces of saliva which are produced when a person **coughs** or **sneezes**.
- Droplets usually travel no further than one metre through the air.
- You can become infected if:
 - You have close contact with an infected person who coughs or sneezes.
 - You touch an object (e.g. door handle) contaminated from a cough or sneeze from a person with COVID-19 and touch your eyes, nose or mouth.
- Droplets cannot go through skin and can only lead to infection if they touch your mouth, nose or eyes.

Handwashing

- The most important thing you can do to protect yourself is to wash your hands regularly with soap and water or rubbing an alcohol-based sanitizer onto your hands.

Try Not To Touch Your Face

- Avoid touching your face as much as possible.

Social Distancing

- Help those that you care for by keeping 1.5 metres between themselves and others.
- 4 square metres per person when indoors.
- Non-contact activity with up to 20.

Use Good Respiratory Hygiene

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:
 - A tissue that you put in the bin straight after use.
 - Your bent elbow.

What About Masks?

- Wearing a facemask in public won't help to protect you from infection.
- Only wear a mask if you are sick with symptoms that might be due to COVID-19 (especially coughing) or looking after someone who may have COVID-19.

Cleaning and Disinfection

- Regular cleaning of your environment, at home, in your car and at work is essential.
- This is because droplets from an infected person can fall on a surface, and be transferred to someone else's hands if they touch the surface.

What If I Develop Symptoms of COVID-19?

- If you develop symptoms such as fever, dry cough, sore throat and fatigue:
 - Stay at home and practice standard infection control precautions.
 - Seek medical advice, it is important to call ahead first.
- Go to [healthdirect.gov.au](https://www.healthdirect.gov.au)
- **Call the National Coronavirus information and Triage Line (1800 020 080)** or call your usual care provider.