



Sun Bae Korean Martial Arts Pty Ltd

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| MODIFIED TRAINING GUIDELINES (PRECAUTIONARY MEASURES FOR CORONA VIRUS) | |
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| Symptoms & Understanding | Fever and (dry) coughing are the main symptoms (ref: WHO). The virus is transmitted via droplets (eg coughing). Self-isolation is your responsibility. Students or parents will be asked to leave our training hall should they exhibit these symptoms. Most at risk: our elderly and anyone with a pre-existing lung issue, please consider. |
| Visitors | Drop off & pick up recommended: Parents and friends intending to watch classes may do so, but please weigh up the need. The elderly are mostly at (serious) risk. Sitting on the side, the minimum distance apart must be no less than six feet. |
| Arriving (shoes) | Space out your shoes or store in your bag: Students must space out their footwear stored at the entrance – so it does not cause to touch other footwear. Be neat and tidy as always, but ensure accessibility to yours and other’s footwear. Do not crowd at the end to gather your footwear. Alternatively, feel free to bring a personal bag and store your footwear. Red Sun Bae bags have a footwear compartment. |
| Greetings (bow) | Bow 2+ metres apart: Avoid physical contact. Greeting is by bowing. Stand usually about 2 metres minimum apart. |
| Training Cards | Not required: You may bring your card, but leave it in your training bag. You may (on an honour system) mark (not sign) your own card. Instructors will note your attendance in any case. |
| Lining Up | Per normal: Taekwondo classes always line up with ample spacing (ie 2m+). Continue to do so. |
| Partner Exercise | No contact: Partners exercises such as one-step sparring, sparring and Hapkido self-defence can involve contact. Accordingly, there is to be no practice of Hapkido self-defence. Other partner exercises are permissible where there is no contact and students maintain distance during practice. |
| Breaking Boards | One holder allowed: The board is collected by the holder only. One student only holds the board. The breaker cannot touch the board prior to breaking. Breaking practice on Master Bradley’s machine can be booked for those who wish to break multiple boards. |
| Shouting | Permissible at distance: There are now no exercises where any student will be close to each other. As such, shouting is permissible, but only when students comply with distance guidelines. Of course, do not shout close to anyone. |
| Travelling O/S | Do not attend classes for 2 weeks: Anyone returning from overseas must isolate for 2 weeks. Do not come to class. |
| Grading | Application forms and booklets not required: Completing the grading application is online. Forms and books will not be required. Books can be signed at a later date. Your rank will be recorded online. |

The above measures are guidelines for students to follow. They are for instructors to enforce. Compliance is necessary in order to assist in preventing the spread of the Corona Virus. Whilst children seem to be at very low risk, our elderly are not. These are temporary measures only of course. Supporting one another is paramount. Please share concerns and assist your fellow member where possible. Act in a spirit of friendship. Enjoy your Taekwondo!

Sincerely
 Master Instructor
 Bradley Tatnell
 Director