

MUSA TAEKWONDO ACADEMY
COVID-19 POLICY
Updated 16 March 2020



Dear Members and Parents,

We thank you for your patience and understanding during these uncertain times.

As the outbreak of COVID-19 continues to escalate, we are monitoring developments closely and acting in accordance with advice from public health and other agencies. As always, the safety and wellbeing of our students, staff and community is our top priority.

At this time, we respectfully request the following:

- *Please do not attend training if you or your children are feeling unwell. Please contact your GP and allow them to stay at home until they have fully recovered*
- *If you or your child has been in contact with someone who has COVID-19, please notify the Academy immediately*
- *If your child or other family members/carers have recently travelled overseas we ask that you/they refrain from attending training for 14 days from the date of return to Australia*

Our policies in how the Academy will manage the impact of COVID-19 going forward are as follows:

Good hygiene practices from the members and the Academy

We also ask for your assistance in reinforcing the following hygiene steps with your children:

- To wash their hands frequently and thoroughly with soap and water
- To cover their nose and mouth if they cough or sneeze

- To avoid unnecessary physical contact with others such as shaking hands. (only traditional bowing is required in class)
- To refrain from touching their face
- To dispose of used tissues immediately

Alcohol-based hand sanitiser stations have been installed in our academy and additional cleaning and sanitisation measures have been put in place.

Parents taking children to training

- We would prefer a “drop off” practise across all groups. This is to reduce overcrowding of members and parents at the waiting area. Special consideration will be given to members who have anxiety and require a parent to be present.
- We are limiting for only ONE parent or guardian at a MINI WARRIORS GROUP (Age 5-7) training
- This will include all competition squad training
- We strongly encouraged that young siblings of students do not stay in the waiting area

Grading Week

- At this point of time, we request a “drop off” practise for Grading as well. This is to reduce overcrowding of members and parents at the waiting area. Special consideration will be given to members who suffer anxiety and require a parent to be present.
- We are also limiting for only ONE parent or guardian at ALL children Taekwondo groups
- We are limiting the numbers at grading to 14 per session ONLY
- Hands of grading candidates will be sanitised before and after class by our staff

Club events & Tournament

- All tournaments, training camps and club activities have been cancelled or postponed until further notice
- Inter-club training will still go on during this period and will be managed carefully with a limited number of students involved
- The Academy respects the decision if students and parents decide not to attend inter-club training

Effect of Mass activities Closures

- In the event of mass school/academy/activity closures due to COVID-19, we like to assure all our members that we have an action plan on track.
- A separate communication will be sent out to all our members with details and explanation of our plan moving forward. So that students will stay engaged and challenged, Youtube, website and interactive online training programs will be made available. All these channels are being set up as we speak.
- Our aim is to keep the Academy as accessible and as safe as possible, while also providing comfortable alternatives in case of any escalation in the situation. Whilst navigating the daily inflow of information and changes surrounding the situation, we hope it is reassuring to know that your Taekwondo learning experience will be able to continue smoothly during this temporary closure.

Additional information and resources

- The Australian Government's advice on how to manage isolation and other information on COVID-19 can be found [here](#).
- NSW Health advice can be found [here](#).
- The Australian Government has a dedicated Coronavirus (COVID-19) Health Information Line, which operates 24-hours a day, seven-days a week: 1800 020 080.

We appreciate your patience and understanding as we navigate this unprecedented situation and finalise carefully considered plans, centred on the ongoing safety of our students, staff and the MUSA TAEKWONDO community.

If you have any questions, please do not hesitate contacting me or one of the Musa Academy staff members.

Wishing you all good health and peace of mind,
Alex