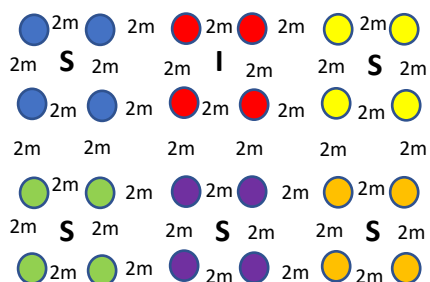


**Notes for Students & Parents: Outside Sessions (April to May 2021)**

- **If you/your child are/is symptomatic or living in a household with a possible COVID-19 infection the guidance is that you/your child should remain at home.**
- Please thoroughly wash your hands before and after your session.
- Kuk Sool Won uniform and trainers must be worn at all times. Younger students should NOT wear their belt if they are unable to tie it (or their jacket if it is extremely hot).
- ‘Spot Squares’ with a minimum of 2 metres between every spot, with one colour per student/instructor will be set up as below:



I – Instructor

S – Student

**Spot Square formation might vary depending on age, abilities and numbers of participants, but minimum distance will always remain.**

- Please only approach the spotted area at the allotted time slot and leave promptly after. Instructors will allocate students to a ‘Spot Square’ and will be prompt with starting and finishing sessions.
- Parent/Guardian must stay in the vicinity and be able to see the session from afar in case of an emergency, but will not be part of the ‘group’.
- Students must not touch the spots and must remain in their ‘Spot Square’ at all times.
- Family members from the same household might be permitted to train across two ‘Spot Squares’. ie. A mother and daughter who live together could train in the ‘Blue Spot Square’ AND the ‘Green Spot Square, as well as the square in between.
- No contact is permitted between anybody, except family members from the same household.
- No equipment will be used in sessions except personal weapons, which students must bring with them. These must stay in the ‘Spot Square’, along with a drink bottle as necessary.
- Toilet facilities will not be available.
- Any necessary first aid treatment will be the responsibility of the parent/guardian.
- Please call James on 07973 173892 if necessary during sessions.
- Any students who do not adhere to all of the above will be asked to leave immediately.

Please do support us by going through the above with your child before sessions.