



I am pleased to confirm that I will be re-opening my Do Jang from Saturday 25th July.

Due to Coronavirus, there are additional measures that I have had to introduce to protect the safety of myself and my customers.

I do have to record the contact details of everyone that visits my premises and keep it for 21 days, please can I ask that you provide the requested details, to conform with the Track and Trace, although I already have your details, I want to ensure that they are up to date.

- There will be a maximum of 6 students training at any time.
- To ensure that no more than 6 students are training for any session, I have had to introduce set classes for everyone
- I have attached a copy of the training times to this email
- Monday and Wednesday classes are not full as yet, so these sessions will be available to attend on a first come, first served basis. Please text me on 07854 701385 on the morning from 9am to advise if you would like to attend. Please note that you will only be allowed to attend one additional session per week if there is room and I will confirm by text if you have been allocated a space.

Before you leave home

- If you are feeling unwell or have been in contact with someone that has shown symptoms of Coronavirus, or have been advised to self-isolate, please do not visit my studio

When you arrive

- Please do not enter my premises until I have confirmed that it is ok to do so, by waiting outside the entrance a distance of 2 metres away, to allow for previous clients to leave.
- Please also ensure that you leave a 2 metre gap between yourself and other students
- I will be taking the temperature of everyone prior to entering, by using an infrared temperature gun
- Please use the hand sanitiser on arrival that is located on the wall at the entrance
- Please remove your footwear and any outerwear and leave by the door, please bring as little in with you as possible as there is not a lot of space

- Please do not bring any kit with you, as it will not be used
- There will not be any changing facilities available, so please do arrive in your Do Buk
- Please do not touch anything unnecessarily

During Training

- There will be a 2 metres gap between everyone
- There will be no shouting in classes
- There will be no contact in classes, this includes any pad work
- To allow for air flow, the main entrance door and the back door will always remain open
- No access will be given to the office
- If you do require the toilet facilities, please ensure that you wash your hands, using the soap provided for 20 seconds, I have also installed a paper towel dispenser

After Training

- I will clean any surfaces that have been touched
- At the end of the day I will sweep and disinfect the floor