

OCTOBER 2020

Autumn Olympics:

Two weeks left of the Autumn Olympics, 20 GOLD medals ready to win, check your points.

Training fees:

Training fees are now due, for October training fees will be cheaper, £4.00 per lesson PAYG *Monthly* fees will be £15 one hour a week, £20 two hours a week, £25 unlimited hours per week, we can only accept the right amounts and no change can be given. Cash, Cheque, Cash transfer all accepted.

Grading:

Everyone has missed so much but the turnaround in September has been amazing, grading letters will be going out soon, keep practicing as hard as you can to be ready.

One way system, parents/guardians drop off:

We will asking parents guardians to drop students off and either use the gardens or car-parks to wait during lessons so we can as much space as possible for students. We will use one door for in and one door for out.

Toilet breaks:

We ask that students use the toilets at home before coming to class where possible. If toilets are needed during class. one person at a time using toilet, all students will be ask to make sure they wash their hands during any breaks.

Hand washing/sanitizer:

Washing hands start middle and end of lessons. (More if needed), there will also be hand sanitizer available as well.

Memberships frozen:

All membership fees are frozen until January 2021 we will do renewals from then.

Contact details:

All addresses and contact details must be up to date.

Footwear (optional)

Grip / trampoline / Yoga socks can be worn at all times, shoes can be worn expect during pad works sparring or may activities.

No sharing of equipment:

If you have gloves etc you will be asked to bring them to class, at this time there will be no shared equipment. Pad holders will be kept to a minimum and only one per evening.

1 metre rule for all students:

Apart from where necessary students will be asked to do their best to keep roughly a metre apart ;)

If you have symptoms do not come to class:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or has tested positive
- someone in your support bubble has symptoms or has tested positive

or if you're told by NHS Test and Trace that you've been in contact with a person with coronavirus.