



Coronavirus COVID-19 Advice

Dear All

COVID-19 is very much at the forefront of our minds and the future is still uncertain. We continue classes as usual until further notice.

We want to continue life as usual but we do have a duty of care to you and your families and ours.

We are following government advice and guidelines which can be found on the below link.

www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

What can you do?

WASH YOUR HANDS

Please thoroughly wash your hands with soap and water, each time for at 20 seconds before and after class. If you have access to hand sanitiser please use it.

CATCH IT BIN IT KILL IT

Use a tissue and bin it, once done so wash your hands.

FEELING UNWELL

If you feel unwell, please do not come to class. If you feel unwell at class please ensure before leaving you inform the instructor of the symptoms.

AVOID CONTAMINATION

I have asked all instructors to ensure during these times no partner work is carried out. So those Kata's and basics are going to be fantastic!