

# Adirondack Taekwondo Member Communication and Immune System & Virus Education

Please read and initial each statement below before attending classes for our re-opening.

1. \_\_\_\_\_ I understand to train at Adirondack Taekwondo and Fitness Center, Inc. I must be free from COVID-19 symptoms.

Symptoms include:

- fever of 100.4 degrees Fahrenheit or higher
- dry cough
- Shortness of Breath
- Chills
- Loss of taste or smell
- Sore Throat
- Muscle aches

While many of these symptoms might be non-COVID-19 symptoms we are proceeding with by assuming they are Covid-19 during this Public Health Emergency. These symptoms typically appear 2-7 days after being infected so please take them seriously. You will need to be symptom free for 72 hours before training in Taekwondo.

2. \_\_\_\_\_ I understand that having a healthy immune system includes proper hygiene, healthy eating habits and proper rest.
3. \_\_\_\_\_ I understand that I must wear a mask at all times while in the Taekwondo school.
4. \_\_\_\_\_ I understand that I must use and follow the CDC, New York State and Adirondack Taekwondo safety and health guidelines.

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Student Signature

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Date

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Parent Signature

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Date