



# MURPHY'S MASTERCLASS

[www.frankmurphysmasterclass.com](http://www.frankmurphysmasterclass.com)



Dear Parents and students,

28<sup>th</sup> June 2020

## THE RE-START OF TAEKWONDO CLASSES

We hope this message finds you and your families well. The lockdown has been a very challenging time for all of us, and we recognise that being out of training for such an extended period of time has been disappointing for our students. We thank you all for your patience.

Since the announcement last week to accelerate the phase 5 restart from August 10<sup>th</sup> to phase 3, we have been preparing for a 'Return to Taekwondo Classes' through a club-specific protocol prepared by our governing body, the Irish Taekwondo Association (ITA) and the Irish Martial Arts Commission (IMAC) governed by Sport Ireland. **We hope to re-start classes on Thursday 16<sup>th</sup> July.**

Therefore we need to adopt a cautious approach with a gradual, phased re-start. Both myself and Mrs Murphy will act as the COVID-19 Officers to action all the necessary requirements to ensure your child has a safe training environment.

In the first instance, we cannot return to the normal or regular training activities we've known them, but will require modifications to the class structures and session times.

With regards to the Fermoy Gaelscoil de Hide venue, this is normally closed now during the summer period. As of yet, the school is unable to confirm the start back time as the management is currently unsure what the protocol is for hiring the hall to outside activities from September onwards.

In the meanwhile, during the Summer period, for anyone who wishes to train at the Mitchelstown Business Park venue, and to adhere with the current COVID restrictions, some of the new changes will be as follows:

- Parents will have to complete a COVID Screening questionnaire **every two weeks** before their child comes training.
- Students must wait in the car and only enter the venue socially distanced just before their class time. The advice is to avoid car pooling. Please do not drop off children early or pick them up late.
- Initially, class sizes will be reduced to a maximum of 12 people including the instructors.
- We can no longer allow parents/family members enter the venue and spectate the classes.

- Our Ninja members (between ages 5 – 7) are the foundation of our schools, but unfortunately, we are unable to offer classes to this age group at the moment. This is because this age group are unlikely to understand and adhere to the COVID protocols and require parents to assist them.
- If we find that an older child is unable to adhere to the COVID Protocol, then we will have to ask you to refrain from booking your child into the classes until they can cope with the restrictions or that the restrictions are lifted.
- All classes will be 50 minutes long with 20 minute breaks in between to allow for cleaning and disinfecting where necessary.
- For now, students are only permitted to train once per week and the classes will ease the students slowly back to fitness.
- **Only students who are booked through the online system into a class may train.** This is an important HSE contact tracing requirement and to minimise the handling of envelopes/money etc. More details of the new online system and it's capabilities will be given next week.
- The fee per student will remain €30 (4 classes) but unfortunately, due to the reduced membership, we can no longer offer a family discount.
- Students must have your own pair of boxing gloves, water bottle and skipping rope (no sharing allowed). Ideally we would like the students to wear non-porous socks (like swimming socks or similar) but these are not compulsory.
- Students must sanitize their hands upon entering the building.
- Students must come and leave in their uniform as changing facilities will not be available.
- We will ask parents/guardians not to send their children training if they are in any way unwell (even if they have a common cold).
- Students will be given a set allocated area for their training bag.
- Each student will have their own training station, 2m apart from any other student as most of the class will be done in a socially distanced manner. There will be some partner work using equipment. For the period of July/August, we will not engage in sparring activities.
- Children must pick up their bags and exit the training premises immediately at the end of the training session.
- **WHAT TO DO NOW: We invite each family to confirm by text to Mrs Murphy on 0873290003 if you would like to train at the Mitchelstown Business Park venue training during the July/August period. If you are planning a holiday and intend on returning in September we would also appreciate if you would let us know by text. This will help us plan the number of required training sessions (these may have to be adjusted depending on the requirements).**

**We plan to re-start training sessions on Thursday 16<sup>th</sup> July and for now they will run every Thursday evening and Saturday mornings/early afternoon . These training sessions are open to all students (except Ninjas) from either Mitchelstown or Fermoy.**

In the short term we will adopt this protocol and as you know, things can change quickly from one week to the next. We'd like to thank you all again for all your support and understanding and will be in touch with any updates through text, facebook page and on our website.

Best wishes to you and all your families

Frank and Catarina Murphy