



Aspley Martial Arts Covid Comeback Plan

Launches June 1st

Following the government announcement recently that Qld will move to stage 2 restrictions, Aspley Martial Arts will be re-opening from June 1st, with modified training, which will be explained in detail in this document.

It is hoped that we will transition from stage 2 to stage 3 within a few weeks of a successful stage 2. Stage 3 would see us pretty much back to pre-covid days, with some ongoing good health and safety practices in place.

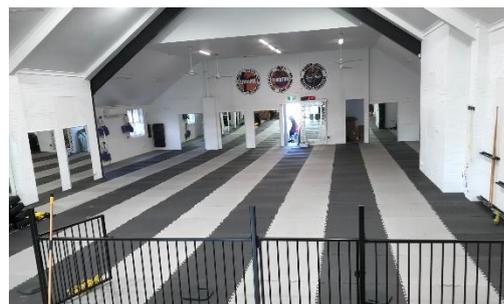
We will just cover what we know for sure for stage 2 and how we are going to implement that at our training centre.

Most of the following is aimed at Team Taekwondo, Yong Muki and Spartan Kids. We have covered details specific to Little Martial Arts at the end of the document.

Before we move on I would just like to say a huge thank you to everyone who has been able to offer their continued support to the club over these testing times. Thank you for embracing the Zoom sessions and I'm sure we're all very excited to get back onto the mats.

Thank you to the trainers for just "going with it" for all the changes we have needed to make and for your expert instruction via Zoom.

I would also like to thank Peter Mein from Diamond Facility Services for their continued support in cleaning and disinfecting our centre. We will have a big clean just before we all hit the mats again and regular cleans thereafter.



Modified Stage 2 Timetable

No sparring classes – Stage 2 does not allow us to gear up and kick each other.

No general glass or Poomsae class – We are permitted to have up to 20 people inside the building at any given time. We will have admin (Dhani) and 1-2 trainers which leaves 17-18 places. We cannot control the numbers in those sessions as they are open to the entire club so we'll need to wait for stage 3 to re-introduce those sessions.

5 minutes early finish – All sessions will finish 5 minutes before the next session is due to start to avoid crowds between sessions. More on the implementation of this in “Procedures” in this document.

No Hit Fit – This is permanent. Sorry, I know there will be a few disappointed people but its just not a viable ongoing part of the business (nothing to do with Covid). For those who remember, we employed Mickey as the trainer and when he had to leave suddenly Erin jumped in and tried to keep building it up with the intent to find another trainer eventually.

There are so many gyms close by that offer early morning group sessions free with your membership and we just can't compete with that.

Given the super low numbers and no new sign ups in weeks (pre covid) Erin has decided to prioritise her family and her health and arrange her times differently to work on a new business that is sustainable and better suited to her and her families schedule. (more on this later)

A long winded explanation I know but the handful of fitness members left were very loyal hardworking people and Erin struggled for a long time to come to this decision so I think its only fair those members have an insight.

 Aspley Martial Arts					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Dhani Dragon 2/3yo 9.20 - 9.50am	Jaidyn Dragon 2/3yo 8.00 - 8.30am
			Dhani Ninjas 4/5yo 10.00 - 10.45am	Dhani Ninjas 4/5yo 10.00 - 10.45am	Jaidyn Ninja 4/5yo 8.35 - 9.15am
Dhani Ninja/Warrior 3.45 - 4.30pm	David Beginner Kids 3.45-4.25pm	Abbey Ninja/Warrior 3.45 - 4.30pm	Dhani Ninjas/Warrior 3.45 - 4.25pm	David Beginner Kids 3.45-4.25pm	Jaidyn Dragon 2/3yo 9.20 - 9.50am
	David W/Y Jnr 4.30 - 5.10pm		David Spartan Kids 4.30 - 5.10pm	David Yellow Jnr 4.30 - 5.10pm	Jaidyn Ninja 4/5yo 9.55 - 10.40am
Sean Blue 1/2/3 Jnr 5.15 - 6.15pm	David Yellow 2/3 Jnr 5.15 - 6.10pm	Jack Yong Muki Jnr 5.15 - 6.10pm	Sean Blue 1/ 2/3 Jnr 5.15 - 6.10pm	David Yellow 2/3 Jnr 5.15 - 6.10pm	Jaidyn Warriors 5/6yo 10.45 - 11.30am
Sean Red 1/2 Jnr 6.15 - 7.15pm	Sean R3/CDB/BLK Jnr 6.15 - 7.10pm	Jack Yong Muki Snr 6.15 - 7.10pm	Sean Red 1/2 Jnr 6.15 - 7.10pm	Sean R3/CDB/BLK Jnr 6.15 - 7.10pm	Abbey Beginner Kids 11.35 - 12.15pm
Jack Red/Black Snr 7.15 - 8.10pm	Sean Beginner Snr 7.15 - 8.10pm		David Red / Black Snr 7.15 - 8.10pm	Sean Beginner Snr 7.15 - 8.10pm	

The Procedure



1, Drop & Go

**Not applicable to Little Martial Arts or free trial Taekwondo beginners.*

Pick up - Parents please come to the front door to collect your child.

Drop off – The front car park will be kept clear of cars to allow for children to wait with their parents while the children from the previous class are cleared from the building.

To help facilitate the pick up/drop off procedure we'll have a staff member on hand. It would also be helpful for parents to be punctual.

2, Temperature Check

Everyone who enters the building will have their temperature checked (non contact). You will need to measure under 37.5 degrees to enter the building.

3, Sterilise Hands

Everyone who enters the building will need to sterilise their hands with the dispenser provided before class, and before and after handling any equipment.

4, No contact

No person to person contact.

Self defence and one step sparring will be done without a partner.

5, Equipment disinfected

The trainers will disinfect each piece of equipment used between each session.

Warm up games and drills are still a goer, but we will need to be mindful of social distancing and avoid contact.

Kicking drills are still all good, just with paddle mitts or on the punching bags.

For the time being we will close the Toddler Area.



Grading

*No Yong Muki grading this term

This grading will be 25% off!

We are so grateful to the members who have been able to support us and we will never forget that. As a good will gesture we are discounting this grading down to what we think the business can afford.

The Team Taekwondo grading will go ahead as scheduled and will be held at the Dojang. Some belt levels may even be able to have their parents in the building watching. We will need to wait until everyone is registered on-line and see what the numbers are. We can allow 18 people max with 2 trainers present.

Still no Dan gradings at the moment. That should happen in stage 3, so at the moment were looking at September if all goes well.

Grading cut off is Sunday June 14th.

All stripes have and will be awarded via zoom sessions by the trainer marking the stripes sheet.

Most who have been tuning into zoom regularly already have a bunch of stripes and are looking good for grading. Over the next few weeks we will make everyone aware of how they're travelling for grading stripes.

Register for grading here

<https://www.teamtkd.com.au/gradings>

	Taekwondo
	March Sun 29th
	June Sun 21st
	Sep Sun 13th
	Dec Sun 13th
White to Yellow	8.00am
Yellow to Yellow 2	8.45am
Yellow 2 to Yellow 3	9.20am
Yellow 3 to Blue	9.55am
Blue to Blue 2	10.20am
Blue 2 to Blue 3	10.55am
Blue 3 to Red	11.35am
Lunch Break	12.10am
Red to Red 2	12.30am
Red 2 to Red 3	1.15pm
Red 3 to CDB	2.00pm

Please note: We are not taking on any new or returning members into Zoom. If you are a member that wishes to return to regular training at the centre, you can book your place via the website to begin after the grading.

We don't want to have to go back and teach right from the very start as that will slow down the sessions considerably for everyone else who has already made great progress. Best to start a new term again live at the dojang along with everyone else after grading.

Training Fees

Membership Fees on hold

As we head in the direction of normality, we will do our best to support the people who were able to support us. As the government starts to remove jobkeeper payments for our staff and we head into paying full rent again, we will need to put prices back to pre covid days but at the moment, we are able to keep all fees as they are for our wonderful current members.



Rebuilding the Club

Over the last few weeks we have been in survival mode, and thanks to you, we will make it through. The harsh reality is that we've lost over 50% of our members during the pandemic. That's over 200 people gone from the club!

Martial arts is not like retail. It won't be a case of reopening the doors and all of a sudden we are flooded with sales. Martial arts remains a predominantly "word of mouth industry" and this is where we could really use your help.

Please help us get the word out there to your friends and let them know what a wonderful, family friendly, supportive club you belong to. Your personal recommendation to a friend is infinitely more powerful than any advertising we could do.

Thank you 😊

Little Martial Arts

Our trainers are very excited to see all those smiling little faces at training again!

Overview of programs:

The North Lakes centre will remain closed until stage 3 as we operate there alongside 2 other sports at the same time. The ruling for stage 2 is a maximum of 20 people in a building at any given time so this scenario makes starting our program unworkable. Stage 3 is earmarked for mid July which would see that restriction lifted to 100 people (all going well). In the meantime we're happy to take North Lakes members at the Aspley centre.



Child Care Centres – we have no timeline for this at the moment. It may not just be a matter of going to stage 3. It will be up to each childcare franchise's head office to give the all clear. We will keep in contact with the centres and be ready for action when they give us the nod.

Aspley Centre – We are all ready to go for Monday June 1st. The drop off/pick up routine does not apply to LMA. The children are generally too young for that so that means that we need to be very exact with our class numbers. For each child we can have one parent. With 1-2 trainers and admin that's a maximum of 8-9 students per session.

Could all Little Martial Arts members jump onto the website asap and let us know which session you would like your child to be registered in. To make this an easy bullet proof process, please only use the contact form from the website by following this link.

www.littlema.com.au/aspley

This is screenshot of the form to fill out >

Current members please use this contact form to secure your class from June 13th

Child's name *
Email *
Current Session *
Change session to *
Please specify dates or write message here *

Send

If anyone would like to discuss anything related to the "Covid Comeback" process, please email david directly on david@littlema.com.au
Email is best but if its something you would rather talk about, please call David on 0418318833