Coronavirus COVID-19

Stay safe.

Only students booked in ahead of the class are permitted to train.

Before you come training

Wash your hands well, keep good personal hygiene. Use hand sanitizer.

Check your temperature to ensure you are fit to train.

Arriving to class

Arrive in Dobok, with as few personal items as possible.

Stay in your car until the correct time for your class, do not carpool.

During class

Avoid gathering in the hallways.

Distance yourself at least 2 meter away from other students & instructors.

Use your own water bottle.

Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.

Parents, collect your children on time. Ensure the questionnaire is filled out ahead of time. No parents or spectators allowed on the premises.

For more information
www.gov.ie/health-covid-19
www.hse.ie

#holdfirm

Ireland’s public health advice is guided by WHO and ECDC advice.