



COVID 19 protocol

School of T'ai Chi Chuan Amsterdam

End of September we will resume our Tai chi classes at the school in the Kerkstraat. In this protocol it is explained how the RIVM measures are applied to our teaching.

General measures

Stay at home when you have symptoms of a cold or a fever. The same applies when somebody from your household is having these complaints.

Stick to the measures of the RIVM in your daily life as to not jeopardise the health of your fellow students and teachers. If you test positive for Covid-19 you will inform the school immediately by email.

Do not shake hands and maintain social distance at all times (1.5 metres)
Use paper tissues to blow your nose and dispose of the tissue immediately.

Wash your hands before leaving home.

Measures at the Kerkstraat and before and during Tai Chi class

You need to register online before you can come to class.

To make social distancing possible we will allow no more than 8 people in our teaching space (including the 2 teachers)

Classes will be made available online through Zoom

If more than six students register for a course, you will be assigned to a group that can come to the Kerkstraat on alternating weeks.

Teachers will not do physical adjustments during classes

Courses that involve touching (sensing hands) will not be scheduled

After the class is started and there are 8 persons in the room, you cannot enter the facility anymore.

There will be 30 minutes time between classes. So, groups do not have to mix when leaving and entering the facility. Please come on time and not more than 10 minutes before class. The teachers will clean all doorhandles and surfaces between classes.



When entering the school, first wash your hands in the kitchen area. Next to hand soap, sanitising gel will be available both at the waiting area and at the teaching space.

After washing your hands, hang your coat (or placing them on one of the benches), put on your Tai Chi shoes and go to the teaching area immediately. That way new people can come in safely. If you see more than 4 people in the waiting area, please wait outside before entering.

It is not allowed to sit in the waiting area. The school will not provide tea or other drinks. You may bring your own bottles with water or tea into the teaching area.

Please use the toilet only when necessary. In the toilet wet towels are available to clean. Please wash your hands afterwards and dispose of the tissues and towels in the bin.

After class exit the teaching area one by one, maintaining social distance. Once you have put on your outdoor shoes and coat, exit the facility without delay.

The teaching space will be ventilated during classes with a system that is connected to the outside air. Between classes the teaching space will be ventilated at its maximum capacity. Doors and windows will be opened to bring in fresh air. Bring a cardigan. It might be cooler than normal.

Some supplementary conditions you (the student) and we (the school) will adhere too.

Students are required to follow the restrictions of the RIVM to help stop spreading the virus at all time. If you do not adhere to them, you can be excluded from classes.

The school is required to implement the restrictions of the RIVM to the best of her knowledge. The school will communicate these restrictions and rules to its students in a clear way.

When new local or national measures require so, the School has the right to stop the teachings at the Kerkstraat and to continue them online.

The School has the right to record the (online) class and to make the recording available to the students of the course, through a private link. If you do not want to be recorded, you can only participate online (and switch off your camera).

Teachers may use the recordings to improve their teaching. Recordings will not be made available to the general public. The recording will be deleted at the end of the school year.