



1245 Cedar Road
Chesapeake, Virginia 23322
757-558-9869

15 March 2020

Good Afternoon,

As you are aware, the Governor of Virginia has closed all schools for 2 weeks. You also know that when local schools close we usually stay open. We had instructor training yesterday (Saturday) and I was prepared to continue on with classes and just suspend the Jiu-Jitsu classes. But talking with instructor parents afterwards has changed my mind.

To slow the spread of this virus, it is paramount that we are committed to take the necessary measures to protect our students, families and staff. We need the cooperation of all our members, by practicing our social distancing, we can slow the spread of this virus. By holding classes, I would not only be putting myself at risk, but my instructors and staff who are committed to teaching your child(ren).

According to the CDC (https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Ftransmission.html) the spread of this virus can be between people who are in close contact with one another (within about 6 feet). The person may or may not show symptoms of the virus but could infect everybody they come in contact with. I like to think we keep the academy very clean; however, it can be spread through respiratory droplets produced when an infected person coughs or sneezes and people nearby may inhale them into the lungs.

Reports <https://www.sciencealert.com/even-those-who-recover-from-corona-can-be-left-gasping-for-breath-afterwards> say that "some patients might have a drop of 20 to 30% in lung function after a full recovery" from this virus.

I do not want to be the common denominator for the spread of this virus. So effective immediately, all classes have been suspended for 1 week. At the end of the week, we will see where we are as a community, state and country and reassess if we need to continue to suspend classes. The good thing is that we just had testing. Picture day was going to happen on Friday and Saturday (now cancelled), so those 2 days would have been a loss for classes anyway. As of right now, we would just be losing 4 days of classes.

It is my sincere hope that we can resume classes after this first week. Parents are highly encouraged to monitor their child(ren) and not send them to future classes if they show "any" symptoms (coughing, sneezing, fever) just as a precaution.

I am sorry if this precaution upsets some people. I would much rather be on the workout floor teaching...but, that kind of cavalier thinking could hurt some people and I don't want to have that responsibility.

Mr. Scott Baker



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