



New Covid-19 Dojo Procedures for SKK

3rd September 2020

Dear Parents and Students,

Welcome back to Shinwa Karate Kai, we are glad to be back in the dojo and we thank you for your support. Please be aware that due to the current global pandemic of Covid-19, there will be some changes to the way our sessions are run.

We are all at risk of catching and or transmitting Covid-19. If we strictly adhere to the policies and procedures laid down below, we can mitigate the risk of passing it on or catching it.

- Before entering the dojo, your temperature will be taken. If it is over 37.5 degrees, you will not be allowed entry.
- Should you display Covid symptoms e.g. elevated temperature, fever, persistent dry cough, lack of sense of taste & smell, please self-isolate and seek medical advice. **Never** attend the dojo if you display any of these symptoms or feel unwell.
- It will be compulsory for students to wear facemasks and trainers during a class. We will allow parents to stay and watch a class on condition that they are wearing facemasks. If a student or parent has a plausible reason as to why they cannot wear a facemask, this must be discussed with Sensei Wez before arrival.
- Students should arrive and go home in their karate Gi and wear track suit or coat over it when travelling.
- If you are unwell within a few days of a training session, please contact Sensei Wez as soon as possible so that contact can be made to others that have trained that night. You must self-isolate and seek medical advice.
- Hygiene is more important than ever, so we advise that students never wear their Gi more than once without it being washed.
- Hands must be thoroughly sanitized before going into and upon leaving the dojo.
- Should a student need to blow their nose during a session they will need to seek approval to go, they will need to discard their tissue and wash their hands before re-joining the class.
- Social distancing measures will always be enforced in the dojo. This will be a two-metre distance between a student's training space and spectator seating.
- Sensei will not walk around the dojo. He will only correct verbally and not by physical correction.
- Temporarily, students must avoid a Kiai (Karate Shout).
- Until it is deemed safe to do so there will be no paired work and no use of equipment (mats, punchbags, fitness equipment etc)
- There must be no crossovers of students between classes, so seniors waiting to join the next session must wait until 7.00pm to enter the dojo and not before.
- Parents or guardians collecting students from a session must respect social distancing outside the dojo. They must not congregate in large groups outside the dojo door.

Please remember we all have a responsibility to adhere to these procedures. The onus is on ALL of us for ALL our sakes as well as our families to do so.

If you have any questions or concerns about the new procedures, please do not hesitate to speak to Sensei Wez.

Many thanks for your cooperation,

Sensei Wez
Chief Instructor of SKK