

HEIGHTENED HYGIENE PROTOCOL

There may be a time when heightened protocol procedures may be needed due to the increased presence of infectious diseases within the community. Other heightened hygiene protocols may be posted based upon new information from the CDC or state and local governments. All students agree to abide by any heightened hygiene protocols.

Recommendations for dojo reopening:

1. Students should take their temperature before coming to the dojo. Anyone with a fever of over 100.4 °F should not be training. Anyone with a fever, chills, cough, shortness of breath, sore throat, loss of smell or taste, diarrhea, muscle aches, headache should not come to the dojo. If someone in the household has or is suspected of having COVID, a student should be quarantined for 14 day from the last exposure to the COVID virus positive individual in the home before returning to class.
2. All people entering the dojo should wash their hands thoroughly with soap and water for at least 20 seconds before and after class. When training upside, make hand sanitizer available to all students.
3. Social distancing should be maintained. Everyone should stay six or more feet apart in all directions.
4. Classes should be held outside as much as possible. If you must train indoors, make sure the room is well ventilated. Use fans to circulate the air and keep the windows open.
5. Every touchable surface in the dojo should be thoroughly disinfected after each class. People should come to class dressed out.

Try to keep them out of the dressing rooms and bathrooms.
6. Have doors open and light switches turned on/off by one person. Wipe handles and switches off after use. The use of masks during indoor classes is mandatory.
7. Weapons should be brought to and taken home after every class.