

Dear Students and Parents/ guardians

Covid – 19 - Return to the training Protocol Dojo (Training Hall)

- Members will be expected to book classes via email, text, or over the phone. All forms to be completed electronically to avoid cross contamination. No entry without prior booking.
- Do not attend if you have symptoms or have been asked to isolate.
- Use sanitiser on entry and throughout your training.
- Temperature check on entry with a few health questions asked.
- Classes will be capped at a maximum of 8 people.
- Members will be allowed in 10 mins before your scheduled class.
- Changing rooms will have limited space for those that absolutely need it.
- Government guidance on wearing masks for instructors (student may wear masks and gloves if they wish) Student to bring their own masks.
- No sharing of equipment. Student may only use their own protective equipment during class. Focus mitts and pads may only be shared and Instructor will spray disinfectant and will clean throughout the training and between each training sessions.
- Dojo management will spray disinfectant throughout the premises in between each class Sanitizer stations by changing rooms and main hall.
- Members are to maintain social distancing before, during, and after the class.
- The door will be open for ventilation and airflow.
- Students must be allowed to bring a sealed water bottle into class as hydration is essential while exercising.
- No visitors allowed unless pre-booked with an Instructor of the Dojo.

- Parents will be able to drop off/pick up kids at the entrance.

Phase 3 of training will follow government COVID-secure guidelines with social distancing in mind and Phase 4 is a return to Kumite training(sparring) and Pads training as soon as the Government advises it is safe to do so.

At Kyokushin Karate Fernando Dojo, the health and safety of our members and visitors are our top priority. Thank you in advance for your understanding, should you have any questions or queries please do not hesitate to contact me on **budo.karate@yahoo.com** or phone: **07422 943308**

Prasanna Fernando

Dojo Administrative & Chief Instructor

Kyokushin Karate Fernando Dojo/Kyokushin Budo Karate Shakai International Honbu