

## Shepshed Shotokan Karate Club (TISKA)

### Return to Class Prevention Measures

1. If any person attending is aware of having symptoms prior to class, they must not attend the venue at all but instead seek help by following the government guidelines and self-isolating.
2. Students and instructors will arrive in a clean, washed Gi, which must be appropriately covered with a coat or jacket, the coat or jacket **must** be taken away by the parents/guardian they must not be left in the venue unless you are training with your child. Changing and toilet facilities will not be open at most venues and so the students/parents/guardian should come prepared.
3. Students and Instructors will be asked to sanitise hands. i.e. use hand sanitiser before and after entering and leaving the dojo. (or Venue if you are dropping your child or children off)
4. To avoid high numbers, students will be encouraged to arrive no earlier than 5-6 minutes before their allocated class time.
5. The person registering the class will use a contactless temperature checker on each student entering the Dojo and if this shows over 38 degrees, the student will not be permitted to train or enter the hall.
6. Masks or face covering **must** be worn when entering the venue (children under 11 years old do not have to wear a face covering or mask). Once in the dojo (training hall / room) masks are not compulsory but if a student wishes to wear one, they are free to do so, providing they have no underlying respiratory problems.
7. **No** spectators will be allowed in the dojo during a class. Parents / Guardian must remain outside the venue until such time as they have to collect their child / children after class. (the instructor will bring the students to the dojo fire exit door) at this time Parents / Guardians must remain outside.
8. Students and Instructors will be socially distanced as per government measures or as by the venues distance guidance. Floor markings in the dojo will be laid out for Social distancing measures these must **not** be moved.
9. There will be no physical contact if pairing up is required but pairing up in general will be avoided unless absolutely necessary. Even then, if necessary, the correct distancing measures will be strictly followed.

10. There will be **no** kiai or shouting in classes so as to avoid projecting airborne droplets transmission in the open space, thus potentially infecting transmission to other people.

11. Any shared equipment will **not** be used i.e. punch bags, kick bags, focus mitts and blocking tubes.

12. Between one class ending and the next one starting, there will be a 10-15 minute gap allowing the current class to safely leave and the next class to enter.

13. All students and instructors will be encouraged to wash hands and/or use hand sanitiser before leaving the venue and where possible avoid contact with door handles, etc.

14. A full register of attendees will be taken at every class in case required at a later date for track and trace purposes. These will be kept for a minimum of 21 days before being destroyed.

Thank you for taking the time to read this fully so we can carry on with our in-class karate lessons while keeping everyone as safe as possible at this difficult time that we all are going through.

I would also like to thank you for your ongoing support for the club.

Kind regards

Sensei Mortimer

[www.tiskakarate-shepshed.co.uk](http://www.tiskakarate-shepshed.co.uk)