



COVID-19 Guidelines

We as a club (Shōtō Karate Jutsu) are responsible that any activities or events comply with the COVID-19 Secure Guidelines. Below are the club guidelines that **MUST** be followed by everyone entering the dojo (training hall).

1. You **MUST NOT** enter the dojo for training if you or anyone in their household has had COVID-19 symptoms in the last 7 days, and that if they develop symptoms within 7 days of visiting the dojo you **MUST** use the Test, Track and Trace system to alert others with whom they have been in contact including informing the club.
2. Due to social distancing, the 2 dojos (Victory Large Hall & Victory Small Hall) we are currently limited to the number of people that can be admitted. Therefore everyone **MUST** inform the club when they will be and will not be training to ensure we don't exceed the maximum allowed.
3. Before you will be allowed to enter the dojo you and everyone you are with, **MUST** provide the club with their names and contact telephone numbers and/or emails just in case they are required for the NHS Track and trace.
4. You **MUST NOT** enter the dojo until the Chief Instructor says it is safe to do so. While waiting to enter you should queue outside and comply with social distancing.
5. You must wear a mask on entering the dojo unless you have a medical or genuine reason not to do so.
6. On entering the dojo your temperature will be testing with a contactless thermometer. If your temperature is not in the normal range, you will not be allowed to train and will be asked to leave. You will not be allowed to return until you show you are safe to do so.
7. Ensure you sanitise your hands before and during training. Hand sanitiser dispensers are provided at each entrance and in the dojo.
8. While in the dojo you must maintain 2m social distancing.
9. While training in the dojo you must stay in the area stated by the Chief Instructor.
10. During training where possible you should wear masks but the government guidelines state that masks are not required during exercise. However, you will not be allowed to 'Kiai' (shout) if you are not wearing a mask.



Shōtō Karate Jutsu



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11. While in the dojo avoid touching anything you don't need to touch. Doors will be open so you won't need to touch them.
12. Anyone using the chairs must ensure they are fully sanitised before stacking after use.
13. Adults who use toilets must spray and wipe flush handles, seats, locks, handles, taps etc. after use with equipment provided. Any child using toilets, it is the child's parent/guardian responsibility to sanitise the facilities used after use.
14. Bring your own drink to avoid using the kitchen facilities. If you do use the kitchen you will be responsible for cleaning, sanitising and drying everything you have touched.
15. Bring your own equipment and do not share it with other members.
16. If you fail to follow the guidelines you will be asked to leave and only allowed to return when you start following the guidelines.