



## **Kaizen No-Michi School of Shotokan Karate**

### **Protocol for Re-Opening the Dojo**

Before reading this document, please familiarise yourself with Government Guidelines relating to Covid 19

<https://www.gov.uk/coronavirus>

#### **Background**

We plan to re-open the dojo on Monday 7<sup>th</sup> September. However, in line with instructions from Sport England, The English Karate Federation, JKS England and Ormiston Maritime Academy, there are a number of significant restrictions and regulations that karate dojos must follow in order to re-open safely.

These instructions are NOT optional. We expect everyone to take personal responsibility for keeping themselves and others safe from transmission of the virus. Anyone failing or unable to follow these rules will be asked to leave the dojo!

There is a hand-sanitisation station in the entrance area of the dojo.

#### **Who Can Train?**

1. If you are classed as being 'clinically extremely vulnerable' then you **MUST NOT** come to the dojo.
2. If you live with someone who is classed as 'clinically extremely vulnerable' or someone who is required to 'shield', then you **MUST NOT** come to the dojo.
3. If you have a significant or serious underlying health condition that increases your risk of either contracting or spreading Covid 19, then you **MUST NOT** come to the dojo

4. If you (or any member of your household) have symptoms of Covid 19 then you must NOT COME to the dojo and you must follow the Government Guidelines on self-isolation and Track and Trace.

### **Before Training**

1. Initially, the dojo will operate on Mondays & Wednesdays, as it did before lockdown Additional sessions will be added if required.
2. To allow for clean down between classes, session times will be as follows.

Tigers 6.00pm – 7.00pm

Adults 7.00pm – 8.30pm

3. Capacity in the dojo under the new rules is now limited to 16 students training. Training places will need to be booked in advance and we will make sure that everyone gets an equal chance to train. Booking will be via sending a message on Spond App.

*Please note, there is no 'walk-up' training. If you arrive to train without booking a place you will be refused admission.*

If you book a place, please use it as you will be preventing someone else from training if you don't turn up!

4. Once you have booked your place, you will receive a message asking you to confirm that you (or anyone you live with) have not been experiencing symptoms of Covid 19. If you have, you will not be allowed to train and you MUST follow the Government guidelines on self-isolation and Track and Trace. You will be asked to provide a telephone number should you need to be contacted by the Government Track and Trace team.
5. Go to the toilet before you arrive! – whilst the toilets are open, we need to minimise their use. Sessions are only 60 – 90 minutes and everyone should be able to manage their toilet needs for such a short period.

## **Arriving at the Dojo**

1. You should arrive at the dojo at the Main entrance in your do-gi, ready to train. The changing rooms will not be in use and the toilets must not be used to change. You are allowed to wear a coat or tracksuit over your do-gi.
2. On arrival at the dojo wait outside until you are invited to come in, please keep the fire exit door at the other end of the room clear as that will be the exit for the class leaving.
3. Ormiston Maritime Academy will provide clear signage to help you find your way around and remind you of the importance of hygiene and social distancing. Do not arrive too early, parents please do not drop children off at the dojo and leave without ensuring that they have been admitted. You will have your temperature checked using a hand-held forehead thermometer. If you have a high temperature you will be asked to leave. One of the instructors will be available to support you in managing all of the new systems.
4. Only those training are allowed inside the dojo, no spectators at this time!
5. Once inside the Dojo, remove your coat and outdoor footwear and place them behind the school benches. Barefoot training is NOT allowed and you will need a pair of 'dojo shoes' to train in. These can be as simple as light trainers or even plimsoles (No black soles). However, these shoes should be ONLY used in the dojo – do not wear them to travel to the dojo or when away from the dojo. All students that pay per session must have the correct change to avoid double handling cash that could potentially cause contamination.

## **Inside the Dojo / Training**

1. When you have changed into your 'dojo shoes' sanitise your hands.
2. Go to the training area that you are given by the instructors and wait in the centre of it until the lesson starts. Social distancing must be maintained throughout. If you have a drink or towel, leave them with your belongings on the bench at the rear of the Dojo. You will be individually allowed to take turns to return to the bench to refresh.

3. Follow the instructions of the instructor, you must always remain inside your designated training area .
4. During Phase One (as directed by the EKF), training will be limited to Kihon and Kata. There can be no Kumite and we are not allowed to use equipment such as mitts, kick bags or striking shields.
5. Ki-ai or loud shouting is NOT allowed!
6. If you need the toilet, you will be able to go but on a strict 'one in' and 'one out' basis. Social distancing must be maintained if you go to the toilet

### **At the end of the session**

1. When the session ends, stay in your training area until told to leave by the instructor.
2. Change your back into your outdoor footwear, collect your coat, sanitise your hands and leave via the fire exit maintaining social distancing at all times.
3. Instructors and OMA Seaff will clean the dojo floor before the next group is allowed into the dojo to train. Anything left behind in the shape of 'lost' or 'left' property constitutes a contamination risk and it will be disposed of.

### **After Training**

4. If after the session you become unwell or experience symptoms of Covid 19 you MUST follow the Government Guidelines on self-isolation and notifying the Track and Trace team. You should give the dojo and my number as one of the places you have visited prior to feeling unwell.

Training Times and guidelines subject to change