

5/27/2020: Dojo Distancing and Sanitization Actions

A. Ahead of reopening the dojo, we will communicate the following:

1. Do not come to the dojo if you are not feeling well or are showing signs of COVID-19 (fever, cough, unusual fatigue, chest pain, shortness of breath).
2. Wear a cloth face mask as you enter the dojo and while in the dojo.
3. Train in a clean dogi and a cloth face mask.
4. Bring your preferred hydration fluid to class. The drinking fountain will not be available. The bottle filler will be available.
5. Bring your weapons to class.
6. Wash your hands (20 seconds) before and after each class.
7. Wash your hands before leaving the dojo.
8. Use these sinks for hand washing: changing room sinks, guest bathroom sink.

If you cannot abide by these rules, please wait until the coronavirus safety precautions are no longer necessary.

B. For each class:

Before class:

1. The Sensei designate will check individuals at the entrance door for signs of cold, flu, or COVID-19 (fever, cough, unusual fatigue, chest pain, shortness of breath). Temperature will also be taken. If anyone shows these signs or has a temperature over 100.0 F, he/she may not enter the dojo.
2. Members will maintain social distance in the entry way and in the changing rooms. Members may need to wait for another member to exit the changing room before entering.
 - a. Women's changing room social distance capacity: 8
 - b. Men's changing room social distance capacity: 9
3. Members will wash their hands before training.

During class:

1. Social distance will be maintained. (The mat has been marked with tape to show social distancing.)
2. Cloth face masks will be worn.
3. The BA fan will be run at 2 to help with air turn-over. When weather permits, the side door will be opened, and a fan will be run to exhaust air through the door.
4. Hand sanitizer will be available near the mats.

After class:

1. The mats will be wiped with the cleaning solution. For small class sizes, the mat area used for class (vs. the entire mat) can be cleaned.
2. Members will maintain social distance while changing and cleaning up.
3. Members will wash their hands before leaving the changing room.
4. High touch surfaces, bathroom fixtures, weapons, etc. will be sanitized.

C. Outdoor Classes:

1. We will train outside, with the outside class canceled only in the event of rain.
2. Outside classes will be primarily weapon-based. Since it is not absolutely necessary to wear a gi when doing weapons training outside, students may show up for class in comfortable athletic clothes to train. Dogi pants, t-shirt, hat, athletic shoes and sun screen are recommended. Cloth face masks will be optional.
3. Members are to bring their own weapons. For members without weapons, the dojo will loan weapons to them.
4. Proper social distance will be observed during class.
5. The Sensei or Sensei delegate will take attendance before class and enter the attendance into the dojo sign-in system after class.
6. Ideally, no one but the Sensei or Sensei delegate should enter the dojo. If someone has to use the bathroom, he/she will use the guest bathroom. After using the bathroom, he/she will sanitize the surfaces. Only one person at a time will be allowed into the dojo for bathroom trips.

D. Class attendance:

1. The sign-in system will be relocated to inside the office.
2. The Sensei designate will record all members participating in the class as well as any individuals watching a class or otherwise in the dojo. The date and time of the class will also be recorded.
3. The Sensei or Sensei designate will enter member attendance into the sign-in system. Before and after using the system, the keyboard and mouse will be sanitized.
4. The written attendance records will be filed in the dojo office.

E. Other preparations:

1. The drinking fountain bubbler heads will be covered. The bottle fill will remain available.
2. Establish a 6' distance between a person in the office at the counter and someone being served at the counter. Office social distancing capacity is 4. Consider allowing only office workers in the office. Have sanitizer for credit cards available in the office and at the serve counter.
3. Move phone into office and restrict access to it.
4. Establish social distancing seating arrangements near the mat and in the room between the mat and the changing rooms.
5. The showers will not be available for use.
6. Make the kitchen area off-limits.
7. Instruct members to not use the office counter or counter above the shoe rack for storing personal items.