



## Covid-19 Update - Important Message

**Lead by an example.**

Dear Parents & Students,

On Friday, the 7th of October, as per the NSW Services information, there is a new isolation requirement email was sent out. In that email, it was emphasized the highly transmissible nature of the current variants of Omicron (COVID). From 14 October 2022, it will no longer be mandatory to self-isolate at home if you test positive to COVID-19. Until 14 October, you must continue to self-isolate if you test positive for COVID-19. Household and close contacts must follow the guidelines.

NSW Health strongly recommends people who are sick or have tested positive to COVID-19 stay home until their symptoms have gone.

Some restrictions will still apply for high-risk settings such as healthcare and aged care facilities.

**Keep checking [nsw.gov.au/covid](https://nsw.gov.au/covid) for updated COVID-19 information.**

As a result of this update the following settings will be mandated for our Karate School beginning Monday 10th of October:

- ONLY ONE PARENT is allowed to stay in the dojo while the young children train on Mondays. The wearing of masks may also be a way of slowing the spread of influenza amongst our community.
- **No siblings to come to the dojo please and no siblings waiting outside of the dojo or playing or talking loudly.**

At the moment I feel these measures provide a proportionate response to the growing spread of these new strains of COVID.

Even if isolation does not require anymore, we would like to ask you **NOT TO ATTEND DOJO SESSIONS IF CONTRACTED COVID**. Symptoms should not be ignored even if you have a negative RAHT. A reminder:

- If your child has any symptoms which might indicate COVID or the Flu, please keep them at home. Children presenting to karate school with any of these symptoms will be asked to go home and I thank you in advance for supporting this measure.
- Encourage your child to wash their hands regularly. Hand sanitizer will be located around the karate school for student use.
- If there is COVID in your household, you **MUST NOTIFY** our karate school. Children who test negative, who are close contacts, may still attend karate classes but must test each day before attending our karate sessions.
- Keep your family up to date with vaccinations.
- More information on the current requirements can be found at COVID-19 advice for parents, students and children on the NSW Government websites. <https://education.nsw.gov.au/covid-19/advice-for-families>

**Guidelines for students who are close contacts of a COVID-19 case**

From tomorrow, Tuesday 10th of October, close contacts of a COVID-19 case who will be attending Karate lessons will need to adhere to the following, in addition to the [NSW Health guidelines](#):

- Parents and caregivers must notify me, Sensei Melinda, if their child is intending to return to training. Via text message +0404 527 973.
- Students who are close contacts will need to conduct a daily Rapid Antigen Test (RAT) and return a negative result each time before attending karate lessons. Additional Rapid Antigen Tests are available from the Schools and pharmacies.
- Students who are close contacts and who will be attending karate lessons must be well and symptom-free, **regardless of a negative RAT**;
- Students over the age of 12, who are close contacts of a COVID-19 case must wear a mask indoors except when exercising. All students are recommended to wear a mask indoors (except when exercising). Parents are recommended to wear mask when dropping off or picking up their children.

## Testing

A reminder that students cannot attend karate lessons if they are showing any [symptoms of COVID-19](#).

If a student is unwell and has any COVID-19 symptoms, they should test for COVID-19.

Even if the test comes back negative for COVID-19, the student should not return to dojo until either:

- The student no longer has any symptoms; or
- A medical certificate is provided to the dojo confirming that symptoms are explained by another diagnosis (such as hay fever)

It is important that students do not attend karate lessons if they are unwell, even if they have tested negative for COVID-19. Rapid antigen

tests can produce false negative results and symptoms of other illnesses can also be similar to COVID-19, including flu, the common cold and stomach bugs. Health advice is that students who are sick should always stay home to rest and recover and avoid putting other students and teachers at risk of getting sick.

If symptoms occur at any time, your child should not attend karate lessons and should undertake a Rapid Antigen Test. We always remind students to make up their classes.

### **Masks:**

For students who are not classified as close contacts, masks are not mandatory. Students will be supported to wear a mask if they choose to do so, however it is not recommended during exercises.

Masks continue to be recommended when dropping and picking up children. Please keep social distancing.

In line with the [latest advice from NSW Health](#) masks are strongly recommended for students who have recovered from COVID-19, completed their 7-day isolation period and are no longer showing symptoms **for an additional 3 days** (from days 8 – 10 after receiving a positive COVID-19 result).

Additionally, mask-wearing is mandatory for students returning to the dojo as close contacts.

Students are responsible for providing their own masks.

### **General Information**

All parents or caregivers who come to our dojo must complete our Covid-19 form.

I would like to once again thank you for your support, vigilance and care over this difficult period.

We have always been dedicated to keeping our dojo beautifully clean and the health and safety of our dojo members is our number one priority as always. We are also Covid Safe qualified and registered

and we act in accordance with the latest Public Health Order requirements.

**LEAD BY AN EXAMPLE!**

**LET'S KEEP EACH OTHER SAFE!**

**PLEASE LET'S ALL DO OUR PART TO MAKE THIS WORK!**

Osu & Love,  
Sensei Mel



**Thank you for keeping our dojo safe!**



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