



## Welcome Back! - Important Message

We cannot wait to see you at training!

Dear Parents & Students,

**I am asking you to kindly read this email carefully.**

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!

**LEAD BY AN EXAMPLE!**

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

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

Photo: The Contented Life Photography - Jenny Wehlow



## Port Karate Pty Ltd Covid Policy

By now you would have seen in recent press reports an update regarding the easing of COVID restrictions, and that household contacts of a COVID-19 case will no longer be required to isolate.

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

From tomorrow, Tuesday 26 April, 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.

### **Please kindly see all information below you need to know:**

- **Bookings are essential**, no walk-ins anymore.
- 19 students per class plus the teacher.
- **Please arrive 5 minutes early wearing karate uniform and slippers. It is a MUST!**
- **Please WEAR MASK as per our covid policy mask section.**
- Hand sanitizer will be available upon entry/exit and as well as sanitizer stations available in different areas of the dojo.

- Our karate sessions will be run a little differently to ensure we adhere to government restrictions, which we will explain to students during their classes.
- If you feel sick or unwell please stay at home. Do not come to training Sick!
- PLEASE wear your karate jacket to keep yourself warm or have your karate t-shirt on a hot summer day if you sweat more.
- Please use the small door to enter the dojo and students will exit using the roller door when required.
- Students will wait outside for the earlier class to leave before entering the dojo, so if you see the door closed or blocked, please kindly leave it as it is.
- We are no longer running any of the live stream classes from the 6th of October 2021.
- Please bring your own protective equipment to every class, towel, and water bottle, and shoes.
- Please make sure you complete the Covid-19 Form when it is requested.
- Please understand if we ask you regarding your vaccination. We would like to keep everyone safe!

### **HYGIENE Practices:**

- All students will have access to hand sanitizer before, during, and after training.
- After every class we will disinfect all high-touch surfaces within the dojo as per our dojo cleaning culture.
- The floor will be professionally cleaned each day.
- Please make sure to practice social distancing while you are in the dojo and wear a mask when you are not doing high-intensity exercises as per our mask section.
- If you feel unwell or have concerns, please stay at home and stay safe. We will see you back in training when you feel well.
- A requirement that the temperature of all persons entering be tested via a forehead thermometer - persons outside of the temperature range will not be able to enter.

## Complying with Restrictions:

- Every dojo member is required to sanitize upon entry and exit to the dojo.
- As you know we are not only a dojo but a family. As much as we love you, we ask you to kindly leave straight after your karate session.
- Students require to bring their own water bottle, slippers and a small towel! No sharing!
- Entry to the dojo will only be allowed once the previous group has exited.
- Please make sure we all following social distancing guidelines.
- Please DON'T be late.
- A 'single user' rule for all equipment i.e. focus pads, gloves etc may only be used by the one person in any class – all equipment will be appropriately cleaned after usage.
- When so permitted, by Government regulation, partner training can occur.
- Spectators to martial arts classes are not allowed. We are very sorry, but no parents are allowed to come into the dojo. (Parents must wait for their children age 3-5)
- PARENTS please kindly stay in your cars and pick up your children one by one practicing social distancing.
- PARENTS please you will have to pick up your children from the door and children won't be allowed to walk to your car without supervision.
- PARENTS please do not be late picking up your child/children unless you have an arrangement with Sensei Mel.
- PARENTS please arrive in time to the dojo or inform Sensei Mel if you are running late.
- PARENTS please if your child has asthma and doing the autism group class, please be available if required.
- NDIS autism program attendance will be reduced to the student only with one parent or guardian and the teacher.
- We are all responsible, it's a group effort.

## **DOJO ETIQUETTE:**

- We are asking all members to remember our dojo etiquette.
- **Please make sure you arrive at dojo wearing slippers or shoes!**
- **Please KEEP YOUR UNIFORM clean.**
- **Please KEEP YOUR TOENAILS AND FINGERNAILS clean and short!**
- Along with respecting the safety guidelines put in place by our government, please kindly think about keep our dojo members safe.

## **Complete Covid-19 Form:**

- Please kindly complete our Covid-19 Form.
- Please note, there is no entry to the dojo if this form is not completed.

