



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.

During our lockdown period and monitoring the NSW regional restrictions, we have been working hard on procedures to put in place to keep everyone safe while we all start getting back to our training routine. 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



Please kindly see all information below you need to know:

- Our session times will be reduced to ensure and comply with government regulations. You will notice our class timetable changed.
- **Bookings are essential**, no walk-ins anymore.
- 19 students per class plus the teacher.
- Please check your children in using QR code.
- **Please arrive 5 minutes early wearing karate uniform and slippers. It is a MUST!**
- **Please arrive WEARING MASK if you are 12 yrs & older!**
- 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 first class.
- 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 roller door to enter dojo and students will exit using the small door.
- 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 Covid-19 Form!
- 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.
- If you have any cold and flu symptoms, fever or symptoms of Covid-19, please do not come to training until you are symptoms free and fever free for three days.
- If you have tested positive for Covid-19 or have knowingly come into contact with someone who has, please do not come into dojo for 14 days or until tested negative.
- 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.
- Please kindly remember WE DO NOT USE high five, no handshake. Bow in a standing position and say OSU!
- 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 using the back door.
- Please make sure we all following social distancing guidelines.
- Please line up front of the dojo standing on the X mark per student and wait until Sensei Mel or our Covid Marshall asks you to enter the dojo.
- 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. Under this Policy, a training partner must remain as the same person for the duration of the class (i.e. no changing training partners).
- Spectators to martial arts classes are not allowed. We are very sorry, but no parents are allowed to come into the dojo.
- PARENTS please kindly stay in your cars and pick up your children at the back door 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.

