



JINDOKAI KARATE-DO: COVID-SAFE STRATEGY

BEFORE TRAINING:

PRE-BOOK YOUR SESSION, ONLINE

Once you have authorised the recommencement of your **Full Training Fee**; and, completed the COVID-Safe Quiz – you will be sent ‘Login Details’ – this will allow you to login to our website, and pre-book your sessions.

There will be NO Casual Visits, during this time.

DO NOT BULK BOOK – THERE WILL BE A \$5.00 NON-ATTENDANCE PENALTY – IF YOU BOOK AND FAIL TO ATTEND.

STAY HOME IF YOU'RE NOT FEELING WELL

We will be conducting Temperature Testing, at the Dojo – anyone with a temperature that is higher than 38 degrees, will not be permitted to join the class.

Please CANCEL your Session Booking, before 12:00pm – last minute cancellations will receive a “Late-Cancellation Fee” (\$5.00) – your ‘Late Cancellation’ will have prevented someone else from making use of that opportunity to train.

USE THE BATHROOM, AT HOME

The usage of the Bathrooms, at the Dojo is discouraged – they ARE available, if necessary – but, should be avoided, if possible.

GET DRESSED INTO YOUR KARATE-GI, AT HOME

Changerooms and Showers are NOT TO BE USED, at the Dojo – please arrive READY to train.

BRING YOUR OWN WATER – DO NOT USE DRINK-FOUNTAINS, AT THE DOJO

ARRIVING AT THE DOJO:

NON-PARTICIPATING PARENTS AND SPECTATORS – NOT PERMITTED

Non-participating Parents are not permitted inside of the Stadium (doing so will exceed our limit of 20 people and risk a \$5,000.00 fine).

Parents are to drop their Junior Participants to the **Entry Door**, and return to collect them at the **Exit Door**, at the conclusion of their session.

Whether you wait in your car, or go home and return, is up to you.

IF YOUR CHILD IS UNABLE TO USE THE BATHROOM, AND DRESS THEMSELVES, UNASSISTED THEY ARE NOT PERMITTED TO ATTEND TRAINING, AT THIS TIME



TRADITIONAL SHOTOKAN KARATE JINDOKAI KARATE-DO

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ENTER VIA THE “IN DOOR” – EXIT VIA THE “OUT DOOR”

- Entry is via the Main Foyer (as usual), entering the Dojo nearest to the sign-in desk.
- Exit is via the side door, within the stadium.

GET IN – TRAIN – GET OUT

- Please DO NOT arrive significantly early – you will not be allowed inside the Dojo, until it is your designated session time.
- Please ‘line-up’ in a ‘Socially Distant’ manner and wait for your opportunity to enter the Dojo.
- Once ‘signed-in’, please move directly to your ‘spot on the floor’ and wait for training to commence. Please ‘STAY ON YOUR SPOT’ – Do not mingle.
- Please carry your shoes with you, and leave them with your training bag, at the side of your training area.
- Once training is over – please depart, directly – do not socialise, or mingle inside of the Dojo – we cannot allow the next group to begin to enter, until the previous group has fully exited.

WASH YOUR HANDS – SANITISE

You can reduce the risk of getting sick or passing infections on to others by:

- washing your hands, particularly after going to the toilet or handling used tissues
- wiping down frequently touched surfaces
- covering your coughs and sneezes with a tissue.

It is also important to avoid touching your eyes, nose and mouth, or handling food, until you have washed your hands. Avoid contact with others if you are sick and if others are sick, keep your distance as much as possible.

Hand Sanitiser, and Disinfectant Wipes will be available, at the ‘Sign-In Desk’, at the Dojo.

SOCIAL DISTANCING

- Please ensure to Enter & Exit via the appropriate doorway.
- Please allow 1.5 meter spacing when lining-up, preparing to enter the Dojo
- There will be ‘BLUE SPOTS’ on the floor, to indicate designated, socially distant training spaces.

COLLECT YOUR CHILD ON TIME

Parents **MUST** be available to collect your child **ON-TIME** – Your child’s “late departure” WILL prevent someone else from being able to enter the Dojo - we CAN NOT exceed our limit of 20 participants – unless you are willing to pay the \$5,000.00 fine, for breaching the COVID-Safe Guidelines.
