



# SEISHINKAI SHOTOKAN KARATE INTERNATIONAL

## COVID-19 CLUB GUIDELINES

### CLUB GUIDELINES FOR SSKI WATFORD DOJO

- Any student who displays symptoms of COVID-19 **MUST NOT** come to the dojo, and should arrange to be tested immediately
- SSKI Watford dojo will follow **ALL** government guidelines
- Students **MUST** arrive at the club dojo wearing their karate suits and belts
- Any kit bags/club hoodies/outdoor shoes etc brought into the dojo must be placed at the rear of the dojo, following social distancing guidelines and kept at least two metres apart of other students/instructors belongings
- SSKI Watford dojo will have hand sanitiser available; **ALL** students **MUST** use this on arrival at and departure of the dojo, and will be reminded of such usage
- Trainers/indoor martial arts footwear **MUST** be worn during training
- Students will train in kihon and kata **ONLY**, following the social distancing rules of two metres apart
- Face masks will be worn for any partner work (if/when applicable), although partner work will not involve bodily contact of any kind. Any kumite will be performed keeping the social distancing guidelines of two metres apart at all times; there will be **NO** kiai during this
- Payment of lessons should be by bank transfer preferably, and not cash
- **ONLY** one person allowed in the toilets at any time
- Any shared or personal equipment (such as focus pads or kickbags etc) used in the dojo **MUST** be thoroughly cleansed before and after use
- Any excessive sweating dripping on the floor **MUST** be cleaned up immediately, using paper towels and antibacterial spray/wipes
- A strict register **MUST** be kept for every single lesson in case personal details are needed for the Track and Trace government guidelines
- SSKI Watford dojo will aim to achieve maximum ventilation by keeping windows and doors open whenever possible
- People accompanying students **MUST** remain outside the dojo
- Instructors **MUST** refrain from physical contact with students; any correction of techniques will be made by verbal command
- **ALL** SSKI Watford club instructors will be vigilant when facing the class, to ensure as much distance as possible is kept between themselves and students
- **ALL** students of SSKI Watford club will also be vigilant during training, to ensure as much distance as possible is kept between themselves, other students and club instructors
- SSKI Watford club instructors are responsible for making sure **ALL** students adhere to the above conditions

### **NOTE**

*All students must be licensed; all licenses that have expired during lockdown must be renewed on the first lesson back but will be re-dated to start 1st September 2020 so students do not lose any time on their respective license period.*