

Highlands Judo Dojo Policies with COVID-19 Safety Procedures and Protocol

Class Size

Highlands Judo Dojo reserves the rights to limit class size to maintain a safe training environment for our students, coaches and assistant coaches. A Google calendar invite will be sent out for each practice. Your prompt RSVPs will serve as reservations.

Modified Practice

Students will be doing *contactful* practices and are encouraged to get vaccinated and/or wear a face mask. [As of March 12, 2022, statewide mask mandate was repealed. Masks are optional until further notice.] When students are not engaged in drills or exercises, they shall stay physically distant from each other, 6 feet or more, as much as possible.

Safety Procedures and Protocol

The following safety procedures and protocol will be strictly followed and enforced.

- **CLEANING AND DISINFECTING.** Mats, equipment, seating areas, and other frequently touched areas will be cleaned and disinfected before and after practice.
- **DRESSING ROOMS CLOSED.** Students are required to come to practice fully suited in clean Judo gi.
- **RESTROOMS CLOSED (EXCEPT FOR EMERGENCIES).** Students should use restroom at home before coming to practice.
- **PERSONAL HYGIENE.** Wash your Judo gi after each practice. Bring your own clean zoris, slides, or flip-flops to wear inside the dojo. The dojo will NOT be supplying zoris/slides/flip-flops for safety reason.
- **HAND WASHING.** Wash your hands after restroom use and clean your hands with sanitizer during breaks.
- **WATER STATION CLOSED.** Students should bring their own water bottles. Water cooler, fridge, and water bottles will not be available to limit exposure to germs.
- **FACE COVERINGS.** Masks are optional. Students, coaches, assistant coaches, and volunteers are encouraged to wear masks.
- **SOCIAL DISTANCING.** When not engaging in drills or exercises, a minimum of 6 feet of physical distancing will be enforced between trainees of different households.
- **AUDIENCE SEATING LIMITED.** Parents of minor students are asked to wait in your cars and refrain from staying inside the training hall. Seating area in the front will be used by students during breaks.

Class Rules

Students are expected to heed and abide by the Class Rules included in this document and posted on our website.

I have read and understand this policy and agree to the conditions it entails. I affirm that I am at least 18 years of age, or if under 18 years of age, I have obtained the required consent of my Parent/Guardian.

Member Signature: _____ Date: _____

Member (PRINT NAME): _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian (PRINT NAME): _____

Class Rules

Before Practice

1. Take a shower and wash your hair prior to each practice. If shower is not possible, at the minimum wash your hands and feet.
2. Make sure your Judo gi is washed properly before each practice.
3. Keep your nails trimmed short for safety reason.
4. Please use the restroom before you arrive and come ready for class. Restrooms at the dojo are closed except for *emergencies*. We want to make it safe for everyone and the constant cleaning takes us away from being able to offer attention to the class.
5. Avoid public transportation (e.g., buses, trains).
6. Avoid walking barefooted or in footwear that leaves your feet exposed. You will not be admitted if you arrived at the dojo with your feet exposed.
7. Dressing rooms are closed at the dojo. You are expected to come to practice fully suited. No changing allowed while on dojo floor or mat. If you walk or use public transportation, wear your Judo gi under a tracksuit (or coat) to keep the gi clean.
8. Clean and disinfect your Judo bag and pack the following items for each practice: face mask(s), disposable tissues, hand sanitizer gel/liquid, filled water bottle, and clean zoris/slides/flip-flops. There will be no water bottles or water cooler at the dojo. The dojo will no longer supply loaner indoors footwear (zoris/slides/flip-flops). Kleenex and hand sanitizer gel will be available at the dojo, if needed.
9. Adult students should check their temperatures before leaving for practice. Parents, if your little ones have a temperature, please be sure to keep them home.

At Practice

1. Limited number of spectators will be allowed during classes.
2. Remove your shoes and put on your zoris/slides/flip-flops before you enter the training hall.
3. Proceed to your designated chair and place your Judo gear/bag in front of it.
4. Ensure your face mask is comfortably and securely worn. Proceed toward the mat, bow, and enter the mat.
5. Have a great practice, learn a lot.
6. During break, sanitize your hands, drink water.

After Practice

1. Collect your Judo gear and leave the dojo as soon as you can to allow the next class to come in.
2. Wash your Judo gi properly.
3. Clean and disinfect your Judo bag.
4. Restock your sanitizer kit – disposable tissues, hand sanitizer gel/liquid, face mask(s). Wash your water bottle and get it ready for next practice.