



SHODOKAN AIKIDO
CAMBRIDGE

A SAFE RETURN TO AIKIDO TRAINING: GUIDANCE FOR MEMBERS

You must not come to training if you receive a positive Covid-19 test result, if you feel unwell or if you have any of the following symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

To ensure a safe return to training for all our members, we kindly request that you respect the following guidelines.

1. Before the Session

- Spaces are limited to ensure appropriate distancing can be maintained. Please book a place at each session you want to attend through the WhatsApp group and wait for confirmation before travelling to the venue.
- Please wash your *gi* thoroughly before every session. If practical, come to the session wearing your *gi* trousers to minimise the need for getting changed in close proximity to others.
- When you arrive at the venue, and as you are entering the hall, please respect social distancing guidelines.
- When you enter the hall, wash your hands or use sanitizer. Only one person at a time may use the washrooms.
- Allow the Coach or Covid-19 Officer to take your temperature and confirm with them that you have no other symptoms.

2. During the Session

- You will be allocated a 3m x 3m mat area. Please stay within this area during the session.
- No contact training is permitted at this stage. Training will focus on mobility, movement and agility drills, weapons practice, conditioning and *ukemi* (breakfalls).
- Don't share weapons or other equipment with other members unless they are in your household.
- Do not bring towels, water bottles or other personal effects to the mat. Keep these in your bag.
- Please follow the instructions of the Coach and the Covid-19 Officer.



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3. After the Session

- Wipe down the mats you have used with antibacterial spray (spray and cloths will be provided) and return your own mats to the storage area. If you need help to carry your mats, please tell the Coach or the Covid-19 Officer.
- Wipe down any weapons or other equipment you have used and return them to storage.
- When returning mats and equipment, maintain appropriate social distancing.
- After training, do not congregate in the corridor. Gather outside or return home as soon as you are done clearing away and getting changed.

If you develop Covid-19 symptoms or receive a positive test result after attending a session, you must inform the Covid-19 Officer immediately.