



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 are informed that you should self-isolate, if you feel unwell or 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

Shodokan Aikido Cambridge is a community sports club. Some members of our community may wish to take a more cautious approach to returning to training. Each of us has a responsibility to be respectful of each other's wishes and concerns.

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 no longer limited, but we will still be tracking attendance so you should book ahead through the WhatsApp group if possible.
- We strongly encourage members to be tested regularly for Covid-19. Coaching staff will be tested twice-weekly.
- When you arrive at the venue, please minimise unnecessary physical contact (for example, shaking hands) with other members.
- When you enter the venue, please scan in using the NHS Covid-19 app.
- Help the coach by opening the doors and windows to ensure adequate ventilation.
- Before you enter the hall and begin laying the mats, please wash your hands or use hand sanitizer.

## 2. During the session

- Social distancing is no longer mandated, but be mindful in your practice and considerate of others.
- Mask-wearing is also no longer required, but members are welcome to continue to wear their masks if they wish.
- Please follow the instructions of the Coach and the club's Safety Officer at all times.



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### 3. After the session

- Help to wipe down the mats with anti-viral spray (spray and cloths are provided). You may help other members to carry the mats if necessary.
- After training, please do not congregate in the corridor. Once the mats have been cleared away and the windows closed, you may gather outside or return home.

If you develop Covid-19 symptoms, receive a positive test result or are informed that you should self-isolate after attending a training session, you must inform the Coach or the club's Safety Officer immediately.