



Covid-19 Guidelines and Procedures

Please note: UWS Kenshikai Karate & BJJ has put in place preventative measures to reduce the spread of COVID-19; however, we cannot guarantee that you (or your child) will not become infected with COVID-19, and attending classes could increase that risk.

Here are some of the policies and procedures that we have recently implemented at the dojo:

1. All classes inside the dojo are limited to 6 students.
2. Students will be placed at least 6 feet apart on the floor.
3. There will be no contact partner work in karate classes.
4. All students and staff are required to wear masks while in the dojo, however they can be removed for breathing/overheating issues.
5. Students will be encouraged to use hand sanitizer before and after class.
6. Staff will conduct daily symptom checks with parents and students before allowing them in to class.
7. Staff will clean all frequently touched surfaces (door handle, bathroom, etc.) multiple times daily.
8. Staff will mop the floor between every class.
9. To encourage social distancing, students will wait outside prior to their class time and will be let in one at a time. They will also be dismissed this way.
10. All classes will be drop off classes. Only parents who have made an appointment ahead of time will be allowed to sit and watch class.
11. We have removed the lost and found box. All leftover items will be thrown away at the end of each day.
12. No staff member will tie any student's belt. If a student cannot retie their own belt, they will be asked to place it by their shoes in the front area.
13. All students are asked to arrive at the dojo dressed for class, or with the ability to dress on the floor. (ie gi pants already on). Changing rooms will be closed for now.
14. There will be no water cooler or cups right now. All students are asked to bring their own water bottle to class. We will have a limited amount for sale at the dojo for students who forget.
15. We would prefer students not bring scooters or strollers. If you do need to bring these items, they must be folded at all times.

Finally, parents and students are asked to perform regular temperature and symptom checks prior to coming to class each day, and to please be respectful of the dojo and its students, and engage in safe practices outside the dojo with regards to mask wearing and social distancing. Please do not come to class or send your child to class with ANY of the following: fever, chills, sore throat, persistent cough or nasal congestion, persistent upset stomach or any other kind of illness that could be contagious (ie: skin rash, head lice, etc.).