



DOJO GUIDELINES FOR THE WEEK OF MAY 18, 2020

- Students
 - Sanitize your hands upon entering and exiting the dojo
 - Stay home if you are sick or not feeling well
 - Do not bring your gear or gear bags into the dojo
 - You are encouraged to wear a facial mask during class
 - Shoes should be removed IMMEDIATELY prior to entering the dojo and shoes have to remain outside until class is over.
 - The dojo restroom is for EMERGENCIES ONLY so use it at home BEFORE coming to class.
 - Only workout in the designated spots identified by a big orange dot on the floor.
 - All sparring and contact self-defense will be discontinued until it is deemed safe to resume.

- Parents
 - Keep your child home if they are sick or not feeling well
 - Stress to your child the importance of sanitizing their hands
 - Parents will be allowed in the waiting area only and should not move the chairs because they have been positioned to ensure proper distancing.
 - Parents should wear a face mask if they will be waiting in the reception area.
 - For additional safety, we recommend that you purchase bag gloves for your child to use in the dojo.