

Okinawa Shidokan Karate – Maite Dojo

COVID-19 Reopening Policy

This policy will be in effect from Aug. 4, 2020 and will be reviewed Sept. 1, 2020.

1. The following mandatory safety requirements will apply:
 - a. A hand cleaning station will be available where all persons entering the class area will sanitize their hands.
 - b. Masks and temperature checks will be required for entry. All persons entering class will be tested via a forehead thermometer. Persons outside of the temperature range will not be able to enter. (See TEMPERATURE CHECK below for further details)
 - c. A 'single user' rule will be applied for all equipment. Pads, gloves, etc. may only be used by one person in any class. All equipment will be appropriately cleaned after usage.
 - d. Training will consist of katas with no physical contact. After careful review and when determined to be safe, partner training can occur. Under this policy, a training partner must remain with the same person (i.e. no changing training partners).
 - e. All windows and doors will remain open during training. Electric fans will be turned on high for maximum ventilation.
2. Spectators at class are not allowed.
3. Students must enter or exit classes using proper social distancing and not congregate in doorways and training area. Social conversation is not allowed in training area and should be conducted outside training area during breaks.
4. During back-to-back classes, once classes are finished, there will be no entry from those attending the next class until all those in previous class have left.
5. Safety cleaning supplies will include hand sanitizers, disinfectant mops, disinfectant microfiber cloth, gloves and paper towels.
6. Cleaning and sanitizing will occur before and after class and where required during class. Particular attention will be paid to bathroom and entry door. Bathroom will be disinfected before and after use.
7. Any chairs in the training area will be spaced a minimum of 6 feet apart.

8. Persons dropping or picking up students from class will not be permitted in the training area. If they need to stay, they must wait outside.
9. Students must wear masks, observe social distancing and sanitize hands regularly during training and breaks. They must bring their own personal water bottles, hand sanitizers and towels and ensure that uniforms are clean and sanitary. Class size will be strictly limited to 4 persons for health safety.
10. Students with any respiratory illness symptoms (fever, cough, shortness of breath, etc.) are asked to stay home until at least 4 days have passed after symptoms have improved.

TEMPERATURE TESTING

Each student must go through temperature screening at the entrance to the class. If the scanner's reading result is within the normal range of body temperature (equal to or less than 98.6 degrees F.), then it is considered safe to allow access into the class.

If a person's temperature is over 98.6 degrees F., the person will not be allowed to enter the training area. The person so recorded, if necessary, must seek immediate testing for the Covid 19 virus and do the following:

1. Stay at home, practice standard infection control precautions, and inform your workplace.
2. Speak to your doctor and/or seek medical attention.

Respectfully submitted,

Frank K. Mesa, Hanshi, 9th dan
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