

Hiro's Judo Club Dojo Protocols

Junior Class – September 2021

NOTE:

Individuals with signs or symptoms of Covid-19 must not attend class. A completed Covid questionnaire will be required to attend class and helps for contact tracing, if required.

Since most of the judoka in the junior class are not eligible to be vaccinated, we have developed the following protocols in accordance with the AHS guidelines for activities with children 11 and under.

Parents: please complete a form for your under-aged child(ren) and ensure they understand and will follow the dojo protocols.

Arrival:

- Arrive 10 minutes early to allow for entry screening/temp check at the north entrance door.
- Changerooms will be available, but we recommend judoka should come already dressed in their judogi.
- We will ask all judoka to wear a mask during these sessions. All instructors will wear a mask during these classes.
- No spectators will be allowed in the dojo at this time. Parents are to drop off their child and must remain in the vicinity until the child has cleared the screening procedure.

Screening:

- All judoka must bring a fully completed questionnaire with signature and emergency contact number (parental signature is required for a minor). No form – no entry.
- All judoka will have a temperature check performed prior to admission onto the mats.
- Anyone failing the temperature check will have a second chance after they have left the dojo and returned through the line. Failure a second time will result in the judoka being sent home.

Access to the mats and training:

- Outdoor shoes and belongings must be stored in the designated areas. Indoor slippers/sandals MUST be worn when not on the mats.
- Water bottles will be located on the bench for easy access.
- All judoka must sanitize their hands before entering the mat area.
- All judoka must obey the safety instructions and protocols.
- Washrooms will be available and must be sanitized after use. Anyone using the washroom must sanitize their hands before returning to the mat area.
- Social distancing and masks should be worn when not on the mats for training.
- Judoka must not play with equipment (balls, climbing ropes).
- When practical, siblings will be paired together to reduce the number of contacts with others.
- The doors will be open and the ceiling fan turned on for ventilation purposes.

Exit:

- After the class is over, judoka will leave the mats and sanitize their hands. They will then gather their belongings and leave the dojo.
- Parents/adults accompanying a minor must be waiting outside to pick up their child.
- The judoka will leave by the **south doors**.
- The dojo will be sanitized with disinfectant after each practice.