

Mind Body Spirit Martial Arts

'Skills for Life'



Covid Secure Protocols

17th July 2020

Start of Class

1. Students to wait outside the building, maintaining social distancing
2. Each student will enter the building under supervision, one at a time in groups of no more than 8
3. No waiting in corridor or on stairs
4. Sanitise hands at designated area
5. Temperature to be taken at the entrance to the Dojo
6. Sign in at Reception with Barcode
7. Remove external garments and footwear in changing area
8. Sanitise hands
9. Go onto the matted area as instructed maintaining social distancing

Non-Contact & Social Distancing to be maintained at all times

Toilet Visits

1. Only 1 person at a time to visit the toilet
2. Replace footwear
3. Sanitise hands
4. Use designated toilet cubicle
5. **Wash & Dry Hands Thoroughly** minimum 20 seconds
6. Remove footwear
7. Sanitise before going onto the matted area

Drinks Break

1. Each student will be allowed to take a drink of water as required under supervision
2. Drinks bottles to be placed around the Dojo at minimum 2m distance
3. Sanitise hands on return to the mat maintaining social distancing

End of Class

1. Leave matted area one at a time
2. Replace footwear and external garments
3. Sanitise hands
4. Leave the Dojo one at a time under direct supervision
5. Maintain Social Distancing at all times

These protocols are not written in stone and will be reviewed as required to ensure the health and safety of all our staff, coaches, students, their families and safe operation of all our classes

We look forward to welcoming all our students back to the mats

Sensei. Michael Holden
CEO & Safeguarding Lead Mind Body Spirit

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