



Student Guidelines

- Before attending class
 - Complete an Oregon Ki Society Disclosure and Assumption of Risk
 - Complete a COVID-19 Questionnaire
 - Wash Gi and masks before or after every class
 - If you do not have a mask we can provide one
 - Plan to attend class at designated day/time slot
 - We will contact you to let you know when this will be

- Arriving at dojo
 - Arrive dressed in your clean Gi
 - An instructor will meet you at the Dojo entryway, you will enter 1 by 1
 - Leave shoes at front entry way as normal
 - Follow Dojo entrance and departure procedures
 - Temperature check before entry at Dojo (forehead scan)
 - Wear mask at all times, when training
 - Use hand sanitizer before and after class or wash hands frequently
 - Children, an instructor will guide you to your designated training area
 - You will stay in your designated areas and lanes (or spots)
 - Adults, you will train with same partner in every class

- What to bring
 - YOU! Ready to train!
 - Your own water bottle

- What NOT to bring
 - No bags or anything that needs to be put on the ground
 - No toys
 - No visitors or non-training students (for example, parents)
 - Parents kindly wait in parking lot, and observe from outside

- What to Expect
 - Changing rooms and common areas are closed
 - Bathrooms are available; doorknobs and handles must be cleaned.

- Leaving Dojo
 - Follow Dojo entrance and departure procedures
 - An instructor will escort you to the Dojo exit

Instructors will be cleaning the dojo before and after every class.



Dojo Guidelines

- Ultraviolet Light
 - Sign clearly posted regarding Dojo use Ultraviolet Light
- Center for Disease Control and/or Oregon Health Authority
 - Signs posted inside and outside of Dojo
- Masks for Students if required
- Hand sanitizer available
- Information & Disclosures to be posted on Websites
- Individual Disclosure to be completed for every student (adult and children)
- Colored flat markers for mat area to insure social distancing

Procedure for Dojos

- Center for Disease Control and/or Oregon Health Authority
 - Signs posted inside and outside of Dojo
- Ultraviolet Light or Misting Machine for cleaning
 - Sign clearly posted regarding Dojo use Ultraviolet Light
- Before class
 - Open as usual
 - Air out Dojo
 - Open all windows
 - Create ventilation with fans (run fans for at least 5 minutes)
 - Clean all surfaces
- After class
 - Clean all surfaces
 - Set UV timer (to be determined)
 - Lock as usual

Instructors will be cleaning the dojo before and after every class.



COVID-19 QUESTIONNAIRE

	Question	YES	NO
1	Do you have a fever?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you have a cough?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you have any shortness of breath?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you have any chills?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you have any new generalized muscle aching?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you have a sore throat?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you have any new loss of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
8	Have you had any recent vomiting or diarrhea?	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you had any recent significant exposure to anyone with any of the above symptoms or exposure to anyone diagnosed with COVID-19 illness?	<input type="checkbox"/>	<input type="checkbox"/>

Dear Parents and Students,

It is vital that we keep our Dojos safe for everyone to come and train.

Please review this COVID-19 questionnaire and **If** you (or a student you represent) have answered “**YES**” to any of the above questions please do **NOT** come to the Dojo to train. Please consult with your primary care provider and please feel better soon.

If you have travelled to an area where you feel you, your children, or a close family member may have been exposed to the virus, please wait for at least 1 week with no symptoms before coming to the Dojo.

If you have had a known exposure, please quarantine for 2 weeks to keep everyone safe.

Thank you so much,
Dojo Instructors



OREGON KI SOCIETY

DISCLOSURE AND ASSUMPTION OF RISK

I, _____, wish to train with the Oregon Ki Society following discontinuation and/or modification of the stay-at-home and quarantine restrictions imposed due to the worldwide pandemic from the COVID-19 virus. I acknowledge that I choose to participate in Ki Society activities, and I am doing so voluntarily.

I acknowledge that the Ki Society is doing everything possible to protect its members, participants, and onlookers from the virus. I confirm that the Ki Society expects the same from all its members, including me, and from others at all training locations. Everyone is encouraged to protect themselves and others during all aspects of training as they deem appropriate, and as directed by the Ki Society, including by handwashing, sanitizing hands, wearing masks, physical distancing, and as otherwise instructed. The sanitary condition of the dojo is the responsibility of all Ki Society members, who are required to participate in dojo maintenance.

The undersigned acknowledges by his/her signature below that the Ki Society cannot be prepared for all possible issues arising from the virus, especially due to the ongoing dissemination of new information. The undersigned also acknowledges that aikido training involves physical activity and working with and touching partners. Each participant can decide the extent to which he or she wishes that contact.

Participant Signature: _____ **Date:** _____

Participant Name (Printed): _____

If the Participant is **under 18 years of age:** As a legal guardian of Participant, I consent to the above Disclosure and Assumption of Risk.

Parent/Legal Guardian Signature: _____ **Date:** _____