



Recommendations for Maintaining Safety & Social Distancing

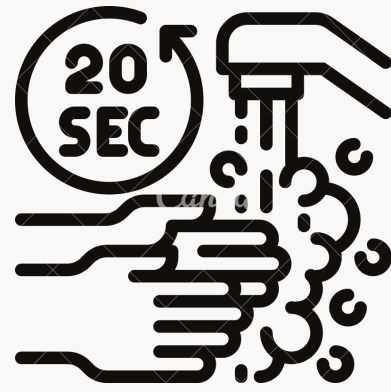
Keep current with your local situation. Each state has its own specific and significantly varied time tables. It is incumbent upon each dojo/club to use the guidelines provided within this document in conjunction with local and state regulations.

Practice good hygiene

Use hand sanitizer every time you enter or exit the dojo.

Athletes must wipe their feet before stepping on the mat.

Athletes should shower before and after training sessions.



Stay at home

If you are showing any signs of symptoms or may have been exposed, stay home.



Check temperature before entry

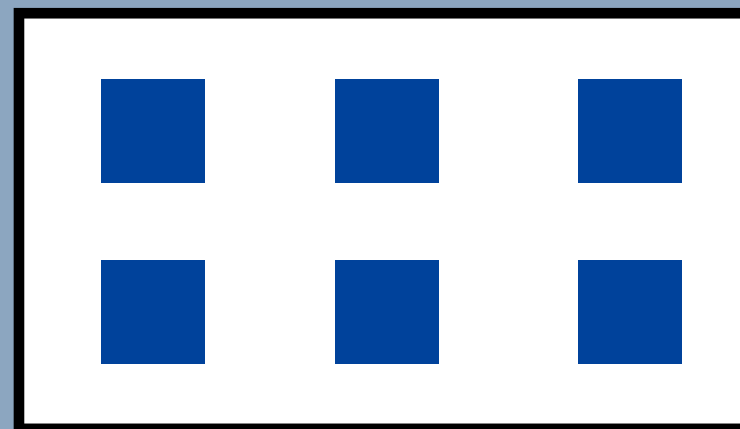
Any individuals with a temperature above 100.4°F/38° C will not be permitted entry into the dojo.

Use no touch thermometers to avoid direct contact



Create practice areas spaced 6ft apart

Use removable tape or arrange mats to create clear practice areas with 6ft between



Check spectator restrictions

See your local/state guidelines and adhere to their recommendation regarding spectator restrictions.

If spectators are permitted, create dojo protocols that ensure spectators maintain social distance and good hygiene practices.



Clean gis & belts

Gis and belts must be washed and dried between every training session.

Consider wearing old belts that you do not mind washing.



Wipe all high traffic surfaces

Disinfect all mats, exercise equipment, door handles, handrails, seats, etc.

Use the U.S. Environmental Protection Agency Disinfectants List for effective cleaning solutions.

Be cautious when using bleach.

See product description to determine appropriate wait time before contact.



Avoid sharing

Bring own towels, water bottles, food, exercises equipment, etc.

