

RETURN TO DOJO

CHECKLIST



INFORM all participants by text / email of the Infection Prevention & Control Protocols put in place for their safety on arrival.

SCHEDULE appointed training time slots by **DIGITAL MEANS**, where possible.

CLEAN AND SANITIZE all equipment / surfaces for use prior to the training session.

SCREEN ON ARRIVAL for: Symptoms, Infected persons at home, Vulnerable persons at home.

Symptoms present : Ask participant to return home and self-isolate / contact their GP and follow HSE Guidelines.

No Symptoms Present : Follow training protocols for that session as laid down by the Coach / Leader.

Vulnerable person at home : Train alone.

CHECK: Participant has brought their own clean / sanitized equipment for personal use.

KEEP a list of all participants Name and contact details attending each training slot for contact tracing purposes.

HAND WASHING AND SANITISING with Hot or Cold water with soap approx. 20 seconds **BEFORE** training sessions.

FOLLOW training protocols as laid down by the Coach

MAINTAIN SOCIAL DISTANCE of 2m for BASICS and KATA. 3m for Kumite.

HAND WASHING AND SANITISING with Hot or Cold water with soap approx. 20 seconds **AFTER** training sessions.

DISCOURAGE assembly of participants in groups after training sessions.

CLEAN AND SANITISE all equipment / surfaces for use prior to the next training session.

