

### Guidance to Aikidoka Members

- Ensure that your BAB membership is up to date.
- Do not attend a Dojo if you are having any symptoms or have been in contact with someone who has tested positive for Covid-19.
- Recognise that individuals must also accept a level of responsibility towards others and themselves.
- Complete the Opt-In form, recognising the element of risk (Attachment 9).
- Agree in advance to follow guidance provided.
- Only use your own gi and weapons.
- Keep towels and water bottles and all personal possessions in your own kit bag.
- Only handle your own weapons, sanitising them before and after use.
- Use Hand Hygiene (Hand Sanitiser) or thoroughly wash hands on entering /leaving the Dojo.
- Aikido gi to be washed after each practice.
- Use of changing rooms to be avoided and showers not to be used. Where possible members should arrive wearing gi.
- Follow Government guidelines on the wearing of masks
- Complete the club track and trace form and agree to have your temperature taken. (Attachment 6). Comply with the decision of the club COVID-19 Officer if they decide you should not train.
- Follow the club venue access safety rules.
- Spectators / Parents / Carers; access only to be permitted when safe distancing from the mat can be maintained and masks are worn in line with Government Guidelines.  
*Note: the spectators are included in the maximum numbers if they stay.*
- Avoid paying for the class with cash where possible.
- If you are over 70 years you are in the high risk vulnerable category consider carefully if you should practice? You do so at your own risk

**If you display any symptoms after training  
contact your club COVID-19 Officer immediately.**