



## SHREWSBURY DOJO COVID-19 SAFE GUIDELINES

Review date: Updated consistent with Government Guidelines and Protocols.



## SHREWSBURY DOJO COVID-19 SAFE GUIDELINES

**\*PLEASE NOTE\*** – If any student feels unwell, or show signs or symptoms of Coronavirus then they **MUST NOT** train/attend the class! Any student who shows signs/symptoms of Coronavirus after training **MUST** inform Valor Combat Systems immediately.

The following Dojo (Training Room) 'mandatory' safety requirements will be in place: -

- ⊛ Due to limited spaces, all students must pre-book their class via our Bookwhen website: - [www.bookwhen.com/valorcombatsystems](http://www.bookwhen.com/valorcombatsystems) and accept our terms and conditions (these will be outlined when you pre-book via Bookwhen). Entry to the venue will be denied if you have not pre-booked online.
- ⊛ There will be a 15 minute break between each class allowing safe and convenient times for each student to arrive and exit their pre-booked class. Once each class is finished, there will be no entry from those attending the next class until all students in the previous class have left.
- ⊛ Please arrive no earlier than 10 minutes before the class and no later than the start time of the class, as entry will not be permitted (this is due to strict Covid-19 regulations).
- ⊛ Any parents/guardians/adults dropping off and collecting their children will not be permitted to enter the class venue, or spectate within the Dojo (Training Room), if they need to stay, they will be required to wait outside of the building.
- ⊛ All students must arrive pre-changed in their respective uniforms. New students are required to wear a loose top/jumper and tracksuit bottoms until eventual purchase of their Valor Precision Combat uniform.
- ⊛ Personal hygiene is of paramount importance and applies to all students when attending our classes. Finger and toe nails need to be cut short and long hair is required to be tied back. Students are required to train bare foot, unless suffering from any ailments e.g. verrucas, athletes foot etc. Approved training shoes or gripped socks must be worn and are to be brought to the class, then put on once inside the Dojo (standard socks are not permitted). Superflex Sports Shoes/Socks for children and adults are available to purchase for training from our new online shop - [www.valorcombatsystems.co.uk/shop](http://www.valorcombatsystems.co.uk/shop).
- ⊛ 'Entry' and 'Exit' areas for each class will be clearly sign posted at The Lantern. All students will enter The Lantern via the Main Entrance Foyer, where they will be greeted by the Sensei who will then take them into the Dojo (no parent/guardian/adult will be allowed to enter The Lantern). All students will exit the Dojo (Training Room) from The Lantern Main Entrance Foyer. The Sensei will call each individual student off the mat to collect their personal items, prior to being dismissed to their parent/guardian/adult (if applicable). Please remember to maintain social distancing on the car park when collecting any students.
- ⊛ All students entering and exiting the Dojo (Training Room) are required to clean their hands at the hand sanitisers located inside The Lantern, at entry and exit points.
- ⊛ A coned area for each student will be in place for personal items e.g. shoes and water bottles.
- ⊛ The Dojo mats/cones will be spaced out to comply with adequate social distance regulations, as outlined in the attached Shrewsbury Dojo Plan on Bookwhen.



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The following Dojo (Training Room) 'mandatory' safety requirements will be in place: -

- ✪ We recommend that students utilise their own gloves/equipment, which can be purchased through our Valor Combat Systems Shop on our website: - [www.valorcombatsystems.co.uk/shop](http://www.valorcombatsystems.co.uk/shop).
- ✪ When permitted, by Government regulation, partner training can proceed. Under these guidelines, a training partner must remain with the same person for the duration of the class (i.e. no changing training partners).
- ✪ Our Senseis (Club Coaches) will ensure that the following items form part of our 'safety supplies': - hand sanitisers, disinfectant mops, microfibre cloths, disposable gloves and paper towels.
- ✪ Our Senseis (Club Coaches) will ensure that cleaning/sanitising will occur before and after each class. Particular attention will be paid to mats, equipment (if used), toilets, entry and exit door handles.
- ✪ Senseis (Club Coaches) will ensure that if there are any chairs in the training area, they will be spaced a minimum of 2 metres apart.
- ✪ Toilets will be limited to 1 person occupancy only.
- ✪ The Dojo (Training Room) will have ventilation for all classes enabling fresh air circulation.
- ✪ Any student who has pre-booked and is unable to train, must inform us immediately, either by text/call: - [07794577797](tel:07794577797) and/or email: - [info@valorcombatsystems.co.uk](mailto:info@valorcombatsystems.co.uk), in order to offer the place to another student due to limited spaces and demand.