

Aikido of Madison

COVID-19 Hygiene Plan and Participation Policy

Aikido of Madison is dedicated to providing a safe and healthy training environment. In addition to all students' ongoing responsibility to care for their training partners, the following policies and procedures are in effect due to the COVID-19 pandemic.

I. Eligibility for use of the facility

To engage in classes permitting person-to-person contact, all people in the class must have received a full course of CDC-approved vaccine and the recommended time for peak immunity has elapsed. Vaccine status must be cleared by an instructor cho before participation can commence.

Non-vaccinated individuals may attend outdoor and on-line classes. Due to space limitations we cannot maintain appropriate physical distancing for non-vaccinated individuals during indoor classes.

These additional restrictions apply in all cases:

- ✓ Anyone participating in activities at the dojo, including solo practice, must have signed and submitted the 2021 dojo Acknowledgement and Assumption of Risk document.
- ✓ If you have been fully vaccinated against COVID-19 and were in close contact with someone with COVID-19, you do not have to quarantine if you meet ALL of the following criteria:
 - Your exposure to someone with COVID-19 happened at least two weeks after receiving the last dose of your vaccine series; and,
 - You have not had any symptoms of COVID-19 since your last close contact.

If you have had close contact with an individual who has COVID, a 14-day quarantine continues to be the safest and recommended option.

Consideration for shortened quarantine periods is only for people who do not have symptoms at any time during their quarantine period. For close contacts who do not develop symptoms, quarantine can end:

- 10 days after their last close contact without testing, or,
- 7 days after their last close contact, with a negative test result (PCR or antigen) collected on day 6 or 7.

The air handling system is an essential part of our safety strategy. All training groups must inform the chief instructor and the building manager of their desired training time so that the system can be set to run appropriately.

Any participant who experiences COVID-19 symptoms or registers a positive COVID-19 test must contact the dojo cho so that all training partners can be informed.

II. While using the facility

All people using the facility must sign in on the training log provided. ***This is mandatory.*** The sign-in list facilitates contact tracing in the event that an infection occurs.

A health self-assessment is part of the sign-in document and is required before each training session. Signing in for participation is your agreement that you are free of the following symptoms: headache, cough, and fever over 101° F (non-contact thermometer provided). Participants who are experiencing these symptoms before arriving at the dojo should not enter the building.

Physical contact: because all participants are fully vaccinated, contact training is allowed. See AoM COVID-19 Training Policy.

Masks will be worn while training.

Walk-in visitors are not permitted. The dojo has provided signage with instructions for people who are interested in training.

Any restrictions on allowed techniques will be posted on the shomen by the Chief Instructor. This decision will be based on the latest available information regarding risk of transmission and efficacy of vaccines.

The ionization system must be properly used. All instructors have responsibility to assure the system is functioning properly in order to assure the well-being of students. During clement weather, the front and back doors should be opened to provide for maximum airflow.

III. Cleaning and personal hygiene

Wash or sanitize hands before training

Cough or sneeze inside the lapels of the uniform since we grab the outside of the uniform in a variety of locations.

Wash or sanitize hands after sneezing.

Wash or sanitize hands (up to the elbow) after training.

Because all participants are vaccinated, it is permissible to use the changing rooms. Only clean uniforms may be left at the dojo. Once a uniform has been worn on the mat, it must be taken home and laundered.

After training, the following surfaces should be sanitized: doorknobs and handles, toilet handles, bathroom sink faucets, and activator bar on drinking fountain (bubbler).

The mat should be swept as usual—from the street side to the parking lot side toward the blower intake. This will facilitate the capture of airborne particulates and also channel air through our purifying ionization equipment. The supplementary ionizing fan should be positioned to blow across the mat toward the blower intake.