

Aikido of Madison COVID-19 Training Policy

October, 2021

Until such time as the Centers for Disease Control (CDC) determines that the COVID-19 pandemic has officially ended and fully lifts all restrictive guidance in place to control the spread of COVID-19, Aikido of Madison (AoM) has instituted the COVID-19 policy detailed here. It will remain in effect until repealed by the Chief Instructor or until a revised version is adopted.

Please use discretion and evaluate the risks to yourself and others in your activities both inside and outside the dojo. No policy can anticipate every situation. If you cannot find guidance in this document that covers a specific situation, it's best to isolate from the dojo. As Aikido practitioners, we are dedicated to protecting each other. If in doubt, play it safe. The dojo will be there when you return.

For the purposes of this policy, the following definitions apply

- **Positive case:** A person who is known through testing to have COVID-19.
- **Close contact:** Defined as having spent 15 minutes or more (cumulatively within 24 hours) within a distance of 6 feet.
- **Test:** To satisfy this policy, a PCR test should be used. Rapid or antigen tests do not satisfy the requirements of this policy. Optimum time for testing is 5-7 days after exposure.
- **Symptoms:** Common symptoms of COVID-19. A current list is posted inside the front door of the dojo.

Training Policy

Indoor classes

In order to participate in indoor classes, individuals must provide proof of vaccination. When attending your first class, you must show proof of vaccination to whomever is instructing the class. The instructor will add your name to the list of individuals who have fulfilled this requirement. This list will be available to instructors.

Contact Log

You must sign the Contact Log before any class you attend. This log is used to inform individuals if someone has been exposed who attended the class.

Masks

Individuals are required to wear masks in the dojo at all times.

Outdoor/online classes

Unvaccinated individuals are welcome in all outdoor and online classes. Unvaccinated individuals must socially distance and masks are required. Masking and distancing requirements do not apply to vaccinated individuals participating in these classes.

Positive test result

If at any time you receive a positive test result for COVID-19, you must exclude yourself from the dojo. You may return to training subject to the *Isolation and Quarantine Guidelines for Cases and Their Contacts* published by Public Health Madison & Dane County. If there is a possibility that you exposed members of the Aikido of Madison community through training or social contact, inform the chief instructor.

Exposure to positive cases

If you have close contact with a positive case, you are required to stay away from the dojo. You should inform the instructors of all classes you attended since the time of contact. 5-7 days after exposure, take a COVID test and inform the instructors of the result. If the test is positive, follow the recommendations provided with your test result or from Public Health Madison & Dane County. If your test result is negative, you may return to training.

Experiencing symptom(s) without known close contact

- If you are experiencing 1 or more symptoms associated with COVID-19, you should avoid the dojo and self-monitor for 48 hours.
- If symptoms resolve, you may resume training and be alert for appearance of additional symptoms.
- If symptoms do not resolve, you should inform the instructor of each class you attended in the 48 hours before your symptom(s) appeared. Testing is recommended, and you should inform the affected people of the result.
- If the test is negative, you may return to training and be alert for any further symptoms.

Travel and events

If you attend an event that involves close contact or is indoors and does not enforce **both** masking and vaccination, you should stay away from the dojo for 10 days and continue to monitor for symptoms for a further 4 days. If you did not practice masking at the event in question, you should stay away from the dojo for a full 14 days.

Airline travel: Provided that your airline requires masks, you mask at all times in transit, and you maintain physical distancing while in the airport and other enclosed spaces, you may return to the dojo 48 hours after your return if you remain symptom-free. Monitor for symptoms for 14 days. N95 or KN95 masks are recommended for this application, and may be required by some airlines.

Other resources

The Aikido of Madison website contains links to the following:

- CDC and Public Health Madison & Dane County guidance on isolation and quarantine in case of exposure or positive diagnosis
- List of COVID prevention measures in place at the dojo
- Current list of symptoms

Other Requirements

- *Signed Acknowledgment and Assumption of Risk Form*
- *Agreement to and adherence to AoM Hygiene and Blood born disease policies*

Please be aware that these policies may change at any time without advance notice.