

Aikido of Madison policy on communicable diseases

Aikido training calls upon us to make ourselves uniquely vulnerable to one another so that we can all learn to deal safely with difficult situations. The practice also includes very close physical contact. In order to help safeguard the wellbeing of community members, Aikido of Madison maintains the following policy on communicable diseases:

When to refrain from coming to the dojo

Students, instructors, and spectators are required to refrain from coming to the dojo when experiencing symptoms of common communicable diseases including COVID-19, flu, and RSV. This is not a complete list and other diseases may merit concern.

Such symptoms include but are not limited to:

- Fever/chills
- Cough
- Fatigue
- Muscle/body aches
- Nausea/diarrhea
- Sudden loss of taste or smell

Communicable disease in the household

Students, instructors, and spectators are expected to avoid the dojo when members of their household are known to be sick with a communicable disease.

Additional considerations/requirements

- All participants are expected to wash or sanitize their hands before and after training.
- Anyone exhibiting symptoms at the dojo may be instructed to leave.
- Concerning seasonal allergies, individuals should act with care. If there is any doubt, mask-wearing may be required.
- In line with guidance from the Centers for Disease Control and Prevention and Public Health Madison/Dane County, all community members are encouraged to keep vaccinations up to date for the safety of themselves and those around them.
- Aikido of Madison maintains a separate policy on blood-borne diseases.