

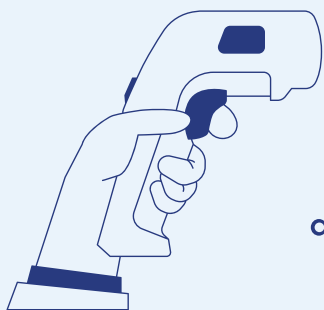
AIKIDO VICTORIA HYGIENE ROUTINES DURING COVID-19



UPDATED 7TH MARCH 2021

ARRIVE AT CLASS:

UPDATED 7TH MAR 2021



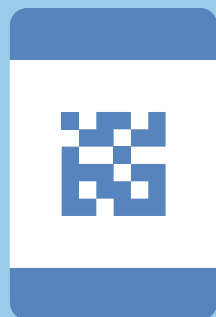
MASKS ON AND CHECK YOUR TEMPERATURE

when you arrive at the door. Sanitise your hands upon entry.



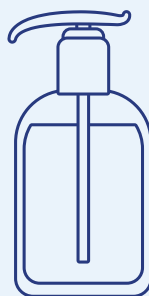
DO THE COVID-19 CHECK-IN

Check yourself in via the Vic Government App or ask someone to help you check in.



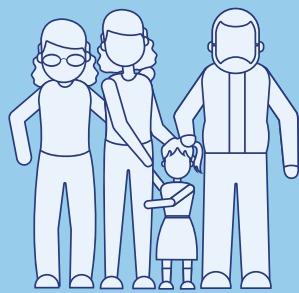
HELP PREPARE THE DOJO

Clean the mats with floor wipes and mops. Put out hand sanitisers.



TAKE CARE OF EVERYONE

Help any visitors or anyone who doesn't know what to do. If unsure, ask for help.

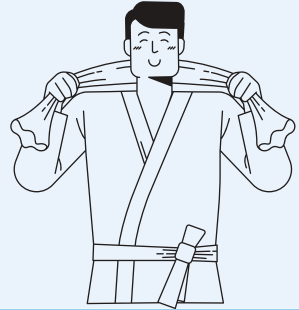


BEFORE CLASS:

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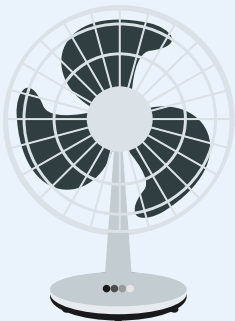
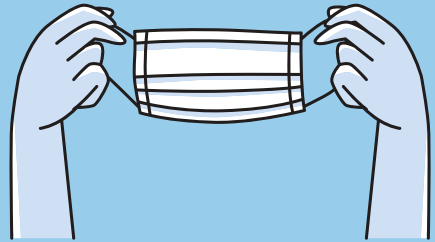
COME IN CLEAN GI + BELT

Come in clean clothes that cover your elbows and knees, or a clean washed gi and belt before class. Dan grades are not to wear a hakama.



BRING A SPARE MASK

Fitted masks required. You will need to switch to a new mask if your mask gets damp or sweaty during class.



FANS ON FOR VENTILATION

Where possible, have fans blowing towards open windows and doors for better air exchange.

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, diarrhoea, cough, difficulty breathing, fatigue and more. Stay home if you feel unwell.



DURING CLASS:

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SANITISE BETWEEN TRAINING PARTNERS

Sanitise after the instructor 'claps', and after taking ukemi for the instructor. Wipe your weapons between partners.

COVER BROKEN SKIN, CUTS AND WOUNDS

Cover wounds or cuts, and clean any blood off the mats wearing the disposable gloves provided.



AVOID STEPPING OFF THE MAT BARE-FOOT

Wear shoes if you need to step off the mat.

KEEP TRACK OF YOUR OWN HEALTH AND WELLBEING

Masks can make breathing harder. Take pauses or water breaks when needed.



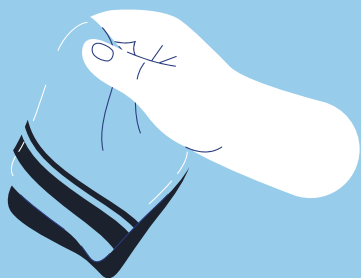
AFTER CLASS:

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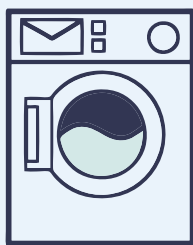
HELP CLEAN THE DOJO

This may include mopping the mats with floor wipes, vacuuming and wiping everything you have touched after class.



CLEAN YOUR WEAPONS

Wipe your weapons with disinfectant before and after use in each class.



POST-TRAINING CLEANING

Wash and clean yourself. Remember neck, head, arms and feet. Wash your clothes and belt before the next class. See you next class!

**HYGIENE
ROUTINES
DURING
COVID-19**

**AIKIDO
VICTORIA**

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