

Riai Aikido Wellington

City Dojo COVID-19 response

As at September 2021

The following outlines City Dojo's approach at each COVID-19 Alert Level, subject to any changes in the Government's [restrictions](#) including [SportNZ details](#):

| Measure | COVID-19 Alert level | | | |
|--|-------------------------|-------------|---|---|
| | 1 | 2 | 3 | 4 |
| Stay away if sick | Yes, and get tested 😊 | | | |
| Classes | All | | No physical classes Zoom classes if lockdown prolonged | |
| Class size limit | No limit | 50 | Dojo closed <i>Key holders: no access for retrieving gear in Level 4</i> | |
| Techniques taught | All | | | |
| Visitors and parents | OK | 2m distance | | |
| Record keeping | Covid app & record kept | | | |
| Sanitise hands before training Sanitised weapons before use | Encouraged | Mandatory | | |
| Wear masks [monitor as rules changing] | On public transport | | | |
| Use of changing rooms Storage of gis at dojo | Yes | | | |
| Full mat cleaning | Monthly | Weekly | | |
| Noren curtains Chairs and benches | Up | | | |

The rules keep evolving, so please check the websites

Level 3 restrictions

[Covid-19 site](#)

- You can exercise in your local area on your own, or with people in your household bubble. You cannot do team sports and training with people outside of your household bubble.

[Sports NZ site](#)

- Organised sports or physical activity is not allowed outside your bubble.
- Group activities with anyone outside your bubble are not allowed.
- Lower-risk activities only: care must be taken not to be injured and require medical care.
- Contact activity or sharing equipment/balls with people outside your bubble is prohibited.

Level 2 restrictions

[Covid-19 site](#)

- 100 person limit includes players and spectators.
- Wipe down and clean shared gym equipment after you use it.
- Masks: Mandatory on public transport, and when not on public transport, recommended when you cannot maintain physical distance from people you do not know.

[Sports NZ site](#)

- People may participate in team sport and physical activity, including where physical distance cannot be maintained. This means that training and competition for contact sports will be possible if other public health measures are observed.
- Participants should wash and dry their hands before and after playing; equipment should be washed and dried before and after playing.
- Measures should be taken to minimise the sharing of equipment/balls/uniforms. However, for sports or activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards, and clean and disinfect the equipment before and afterwards.
- Think about modifications that can be made to your game to minimise the amount of contact between players.
- Participants should try to maintain physical distancing before and after the game, and in changing rooms or in clubrooms.
- You must [as well as using the app] keep a record of and retain the contact details of all people involved in, or attending, your activity. This must be in place to enable contact tracing should it be required. This information should be accessible at all times for contact tracing purposes up to 2 months after the contact was recorded.