

Riai Aikido Wellington

City Dojo COVID-19 response

As at 3 September 2022

The following outlines City Dojo's approach to training with COVID-19 in the Omicron era:

- We can expect this policy to change as we learn and as the Covid risk evolves (hopefully downwards!)
- Applies to all adults and teens, including beginners, kids and attending caregivers

Measure	Approach
Stay away if <u>any</u> symptoms	If <u>any</u> symptoms stay away
Sanitise hands and mats	Sanitise hands before training Sanitise mats after Monday class and weekend seminars (Judo sanitise after Thursday class and weekend seminars)
Vaccination	Vaccination or boosters not required While we support vaccination and boosters for personal health, there is growing evidence that it protects the individual from acute symptoms, but does not prevent transmission Although no longer a club requirement, all our teachers are fully vaccinated and boosted
Masks	Optional while training A personal decision to wear a mask will be respected and its impact on high intensity training accepted without question A mask is NOT to be used as a cover for symptoms: if <u>any</u> symptoms, stay away Masks mandatory in the dojo for those not training, e.g. parents and caregivers
Teacher unavailability through Covid	Please join our WhatsApp group for rapid messaging in case teachers need to isolate
Reporting	If you are diagnosed positive after training, let us know asap
RAT tests	If an aikidoka reports a positive after class, then attendees need a negative RAT test to attend classes in next 6 days When we host aikido events with members of other clubs attending, we reserve the right to require a negative RAT test result from visiting students before entering the dojo