



# Dojo Covid Rules

## Indoor training:

- Pre-booking necessary. Limited amount of spaces. Use WhatsApp 07539946777 or eMail manchester@missinglink-martialarts.uk
- Wear mask on arrival and exit. Keep physical distancing at all times.
- Leave your bags in designated places. No changing rooms are available.
- In training: Physical distancing will be maintained. All equipment will be cleaned and sanitized. Please bring your own beverages and don't share. Please sanitize and wash hands often. On arrival, use the hand sanitizer provided.
- We need your name and contact for track and trace. In case of a positive Covid test in our group you have to self isolate as well. You are required to tell us if you test positive, so we can inform the others.
- On arrival, we will take your temperature. If you have fever or show Covid symptoms, you will not be able to participate.

## Outdoor training:

- No pre-booking needed. Keep physical distance. Please be aware there are no changing rooms and adverse weather will directly affect you.
- We will need your name and contact details for contact tracing. In case of a positive Covid test in our group you have to self isolate as well. You are required to tell us if you test positive, so we can inform the others.
- In outside training, we will use mitigating circumstances to reduce the need for physical distancing if possible. This can be vaccination status, mask or the outdoor setting itself.

Yes, I have read these rules and will follow them. I am aware that these rules reduce the chance of contracting Covid, but there is still a risk to be taken. Every exercise throughout the lesson is voluntary and I can at anytime step back from it.

Name:  
Date:

Signature: