

## Two Rivers Aikikai SARS-COV2 Respiratory Pathogen Policy

Our policy is designed to minimize the risk that the infectious agent SARS-CoV-2 virus (aka COVID-19 virus) is transmitted during training in Aikido, Iaido and Karate at our dojo. Our policy is based on universal precautions recommended by the US Centers for Disease Control and Prevention to reduce exposure to spread of droplets and to reduce the transmission of this virus. The risk of acquiring serious infections during training is small. Nonetheless, members, guests and visitors training at Two Rivers Aikikai will follow the universal precautions listed below.

### Precautions to be observed at all times:

#### In the following text, "you" means you the practitioner or your child for parents or guardians.

You will refrain from coming to class or the dojo if you have one of the following symptoms: fever (temperature >100.5 F), cough, shortness of breath, sore throat, runny nose, headache, body aches, loss of sense of smell, loss of sense of taste, diarrhea, or vomiting.

If you have these symptoms, please contact your health care provider for the COVID-19 test.

In order to prevent the spread of illness, you will wash your hand for at least 20 seconds with soap and water before training.

You will wear a clean mask that covers your nose and mouth to prevent the spread of droplets during the entire time you are in the dojo.

If you notice that someone else's mask is not fully covering their nose and mouth, you will inform that person and resume training when the appropriate masking is in place.

If, during training, you need to wipe sweat from your face or need to touch your face for any reason, you will sanitize your hands with the alcohol-based sanitizer or step off the mat to wash your hands with soap and water for at least 20 seconds.

Upon completion of cleanup, at the end of class, you will sanitize all brooms, dusters or vacuums that you have handled and then wash your hands with soap and water for at least 20 seconds or liberally use hand sanitizer.

If you test positive for the SARS-CoV-2 virus, you will notify the instructor if you have been to the dojo for the 14 days prior to the onset of your symptoms. In the event you are asymptomatic, you will notify the instructor if you have been to the dojo for the 14 days prior to your positive test. This is to aid in contact tracing.

If you test positive for the SARS-CoV-2 virus, you will refrain from entering the dojo for at least 10 days from the onset of your symptoms or for 24 hours after the resolution of your symptoms, whichever is the latter.

You will abide by all dojo space occupancy and physical distancing rules during this pandemic.

**By signing below, you attest that you have read, understood, and will comply with each and every part of this policy.**

\_\_\_\_\_  
Participant's Name (printed)

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (printed/relationship) Parent or Guardian's Signature

\_\_\_\_\_  
Date