**Leeds Shotokan Karate Club – Rules for Indoor Training**

In order to ensure a safe return to indoor training Leeds Shotokan have used the KUGB’s guidance to complete a risk assessment for the Roundhegian’s and Parochial Hall Dojos. Our number one priority is the safety of all our members and we have taken steps to ensure this is the case. The below is a set of rules which we will require all of those taking part in training to follow. Please remember the sole purpose of these rules is to ensure the health and safety of everyone in the dojo.

1. If you or anyone in your household is displaying symptoms of COVID-19 please follow the government guidance and self-isolate. DO NOT ATTEND the dojo.
2. Advanced bookings only – Numbers will be limited to ensure social distancing.
   1. Bookings can be made online at [www.leedsshotokan.co.uk](http://www.leedsshotokan.co.uk) or on our new mobile application – Download here <http://wix.to/P8CmC_0>
   2. No cash will be accepted – please pay via credit/debit card or paypal when you book your session
   3. Pay per session only – Monthly payers will need to pay per session for the time being, please cancel your direct debit until further notice.
3. Arrive 10 minutes before the session and queue outside, along the wall spaced 2m apart
4. Attire – There are no changing facilities available please note the following
   1. Please arrive in your Gi
   2. You must wear training shoes to train in, no barefoot training allowed.
   3. All aged 11 + must wear a face covering unless exempt under government guidelines. All members are encouraged to do so. (Any members exempt under government guidelines should advise the instructor in advance of the session).
5. Do not bring additional equipment. Please only bring a bottle of water.
6. There will be no physical contact in the dojo until government regulations change.
7. Before entering/leaving the dojo please use the hand sanitizer provided.
8. Upon arrival to the dojo your temperature will be taken, if your temperature is greater than 38.7° you will not be permitted to train
9. Once you have had your temperature taken you will be allocated your space. Please place your water bottle by the wall and proceed immediately to your allocated space
10. Class will finish 10 minutes early to allow the instructors to dismiss everyone safely and to clean down after you leave
11. When leaving you will need to leave by the grey door that leads directly outside.
12. Any one not training must wait in the car park. When you are asked to leave an instructor will wait in the car park to ensure children are collected safely

Additional information on the steps we are taking to minimise the risk of training are contained in our full risk assessments.

Information on how to book online has been distributed separately.

We look forward to seeing you in the dojo!