

Guidance for LSKC dojo attendance

To ensure we stick to government guidelines and adhere to the social distancing rules, please ensure you read and fully understanding the new procedures we are putting place for training.

1. Class sizes

- We will need to reduce the size of classes to allow for social distancing. Classes held Monday to Thursday will have a maximum of 15 students per class, with classes on Sunday a maximum of 30 students per class.

2. Booking training

- You **must** book and pay online for your training 2 days in advance. This will allow us to keep an eye on the number of students wanting to attend each training session and if the classes are not fully booked, we can offer up spaces. **Please do not turn up to your training session without first booking, as you will not be permitted to train.**
- If you have booked to train, please ensure that you turn up. If for any reason you cannot make the training session you have booked, please let me know. Unfortunately, I will be unable to refund the training fee paid.
- For the brown and black belt classes, due to the reduced class size, it may not be possible for you to train twice during the week, at your class. This is because we need to try and make sure that everyone gets to train at least once at their designated class. However, you can train at any of the other classes held during the week. We will contact you if spaces are available for you to train twice at your class, however training on Sunday's will guarantee you training twice per week.

3. Arriving at the dojo

- You must wait in the designated area until you are instructed to enter the dojo. Please ensure you always adhere to social distancing guidelines.

Unfortunately, we can no longer allow parents to sit and watch the training as we will not have the space inside the building. We can only apologise for this, but the hall is simply not big enough if we want to stick to the social distancing guidelines. You will need to wait outside until the training has finished. We will take your child outside to meet you. Please do not enter the dojo to collect them.

- You must arrive already dressed in your Gi, as you will not be allowed to change at the dojo. You can take off any outer clothing (tracksuits etc) once inside, but these **must** be put into a carrier bag along with your shoes, so ensure you carry one with you. Do not bring large rucksacks or any other large bag with you.
- You will be asked to use the hand sanitizer provided before entering the dojo.

4. During training

- You will be required to wear a mask upon arrival and leaving the dojo. However, it will optional during training.
- We will follow the normal dojo etiquette, but there will be no contact or pairing up with a partner taking place.

Our aim is to ensure that you are safe while training in the dojo, but we will need your assistance by following our new guidelines above.