

Ichiban Karate & Fitness
Dojo Reopening protocols
Effective 6.1.2020

We are so thankful to have such loyal members at Ichiban Karate & Fitness. Thank you for your patience throughout this uncertain time. We will continue to run virtual classes as we transition into Phase 2 in person training. Please know that we respect whatever choice you make in regards to training. If you are more comfortable training virtually, that's fine! You will still receive quality instruction and full class credit in any way that you train.

Starting the week of June 1st, we will be open for classes on Wednesdays and Saturdays on a limited schedule as we work to fine tune our system so as to ensure the safest possible environment for our community. We will reevaluate our schedule after the first two weeks of in person training.

At this time we can not have parents or family members come in to watch class. We will have very limited space for training due to social distancing and every extra person in the dojo makes people that much closer together. At this time we will ask parents of all students (under the age of 10) to be available in the vicinity of the dojo during class. We will be reassessing this policy for classes constantly during our first two weeks of in person training. We recognize this will be inconvenient for many, but safety has to be our number one priority and we want our steps to place caution over convenience as we find our way in this new landscape.

Check-in policy:

- Students must pre register for classes on the website to reserve a spot. For the first two weeks students will receive one in person training opportunity due to limited space.
- If we have more spots available, we will contact you to schedule a second class. Virtual training will still be available, without any schedule changes at this time.
- We are asking all students to check their temperature before leaving their house. If you have a temperature above 99.6, please cancel your class immediately.
- The two training floors will be separated to maximize the separation of groups, each with a separate door for direct access from the outside. Students will receive notification as to where they will be training the day of class. It may be on the wood floor, mat floor, or outside if the weather allows it.
- Students need to wait in their cars (if parents are dropping off), or outside the door with 6 feet between each student that is checking in.

- All students are required to wear masks into the dojo for check in, and during training. We will require parents to wear masks when dropping off students during check in. Sensei Dan, Sensei Kaela, or Sensei Julie will be checking in students during the first week back. We will not have any other instructors teaching at this time.
- Attendance will be taken by instructors, and recorded on an app. At this time no attendance cards will be used. Instructors will be using an infrared thermometer to measure temperatures at the time of check-in..
- We highly suggest that students come to class in slip-on shoes. We will ask you to take your shoes off before stepping foot into the dojo.
- Students will need to arrive to class in workout gear (for fitness), or in uniforms for karate. Changing rooms will not be used during this time.
- Bathrooms will be available, but we do suggest that students use the bathroom before coming to class.
- At the conclusion of class, students will wipe down their area before instructors disinfect the training space. (Ninjas and Dragons will not be wiping down their area)
- Students will need to immediately leave (no congregating) after classes to ensure there is adequate time for thorough cleaning before the next class.
- Parents need to be ready in cars to pick up students by their training floor. If a parent is not doing curbside student pick up, the parent needs to walk to the door to pick up their child at the conclusion of class.

What will youth, teen, and adult karate classes look like:

- At this time classes will be limited to only 1 instructor, and 5 students total. The mat and wood floor will be divided into two separate training rooms so no more than 10 students will be training at one time.
- Students will not be making any contact in class, and will continue to stay in marked areas to maintain proper social distancing.

Family members can partner together for drills, kumite, and sparring only

- If students use a wavemaster, they will disinfect after use, and instructors will disinfect again after the class is finished.

What will ninja and dragon classes look like:

- Sensei Kaela will be the only instructor teaching ninjas and dragons at this time. When students come in, they will sit on a designated number in the lobby while other students arrive.
- The training floor will have specially marked out spaces for students to train safely. These spaces will include a few objects such as a dot, cone, and

wavemaster to kick and punch. All of these items will be disinfected in between uses.

- Sensei Kaela will set up ZOOM on her computer for parents to log in if they choose to watch class.
- Students will review safety rules and have fun with their small training group!

What will fitness classes look like:

- At this time classes will be limited to only 1 instructor, and 5 students total.
- We will have 5 stations set up on the mat floor which will include a wavemaster, jump rope, and free weights for bag class.
- Classes will be 30 minutes long (we will reassess after our first two weeks back)
- At this time students can not bring in their own equipment except for boxing gloves, wraps, water bottle, and a towel.

Thank you for respecting and adhering to these policies.

We appreciate your patience and cooperation as we all work together to try to keep everybody as safe as possible during this difficult time.