



COLORADO
BUDOKAN

3547 South Monaco Parkway
Denver, Colorado 80237
(720) 253-7473
www.coloradobudokan.com



May 27, 2020

At Colorado Budokan (CB), we are passionately committed to providing an inspiring, safe and clean environment for our members to improve their quality of life through the practice of traditional karate-do.

We are closely monitoring Coronavirus (COVID-19) developments and our team is taking necessary precautions to ensure you can train safely. Rest assured, Colorado Budokan has customized our normal operating procedure with specific protocols to ensure your safety. We are asking you to join us in our commitment.

The strategies provided by Colorado Budokan follow the advice and recommendations from the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC). These guidelines do not supersede or replace any requirements or recommendations from government health authorities.

DOJO PROTOCOLS AND BEST PRACTICES TO HELP PROTECT YOURSELF AND OTHERS:

Please do not come to the dojo sick. If you are not feeling well, have a fever, or visible signs of illness we ask that you take time to rest and recover.

COVID-19 Self-assessment. Dojo members and parents should perform a COVID-19 self-assessment questionnaire before they leave their home. <https://www.mayoclinic.org/covid-19-self-assessment-tool>

Face masks. Mandatory for everyone (instructors, students, parents) at all times while in the dojo.

Hands-off for now. We have asked all instructors to refrain from hands-on assisting during training. In addition, high fives and hand-shakes should be replaced by “oss,” bowing, and smiles.

Limited participants. Four (4) participants. CDC recommended distancing (minimum of 6 feet) for training and spectating will be clearly delineated.

Family training. Distancing and number of participants are subject to change for immediate family members training together.

Parents. It is recommended that all classes be drop-off and pick-up only in order to comply with recommended public gathering ratios. Only two spectator areas allocated (immediate family members may occupy the same spectator area).

Come to the dojo dressed in your gi. Athletes should arrive already in uniform. If athletes use public transit to come to training, they should wear a tracksuit over their uniform to keep it clean. Use of changerooms and showers is not recommended.

Recommended PPE. Face masks mandatory for everyone (instructors, students, parents) at all times while in the dojo. Clean socks permitted.

Personal items. Leave all personal items (gym bag, purse, etc) secured and out of sight in your car.

Temperature check. Administered immediately upon entry to the dojo.

Sanitize. Sanitize hands and feet immediately upon entering the dojo.

Water. Bring your own water bottle.

Disinfect your equipment. The corona virus can live on a variety of surfaces. To kill germs, wipe-down your equipment before and after use. Do not leave your equipment or any personal items at the dojo.

We are on the offense. Our dojo is fully stocked with hand sanitizer, tissues, paper towels, and disinfectant spray. Use them!

Stay informed. Refer to the CDC for best practices to keep you and your family safe.

I have read and understand the above listed Dojo Protocols and Best Practices and I willingly accept responsibility for their implementation and efficacy.

Further, I understand the above listed protocols and best practices will mitigate risks associated with COVID-19 but total containment of COVID-19 and risks related to COVID-19 are beyond the control of the Instructors and Colorado Budokan and I fully and knowingly accept these risks.

Further, I certify that I am physically and emotionally sound, have medical approval to proceed with rigorous exercise, and assume full responsibility for my own well-being.

I hereby waive any and all rights I may have to bring any legal action against CB, any CB instructor, CB member, or anyone else in connection with any injury I may suffer as a result of my participation in karate classes at Colorado Budokan.

(Print Name) (Signature) (Date)

If under 18 years of age, the approval of a parent or legal guardian is required.

(Print Name) (Signature of parent or Guardian) (Date)