

PHASE 1 - BUTOKUDEN COVID-19 SAFETY RULES

May 1, 2021

Dear Butokuden Members:

In order to safely re-start our practices, all participants must follow the COVID rules. I have asked the Senseis to enforce these rules during classes. These measures are for the safety of everyone in the Dojo and their families. Please note that if there is an outbreak at our Dojo, not only we will be forced to close, but it will take a lot of effort for us to re-open again. We want to keep Butokuden a COVID-19 FREE environment. We will strictly follow the guidelines of CDC and local health authorities. The following are guidelines from the local health authorities, adapted to our Dojo.

Before coming to the Dojo:

- ✓ For Phase 1 of our re-opening, everyone including senseis must be fully vaccinated prior to coming into the Dojo. People are considered fully vaccinated for COVID-19 at ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single dose vaccine (Johnson and Johnson [J&J]/Janssen)
- ✓ Everyone must sign the new waiver form, and submit a copy of the COVID-19 Vaccine Card.
- ✓ Do not come to the Dojo if...
 - You feel sick (Cough, fever, sneezing, chills, etc.)
 - If you tested positive for COVID-19. Please inform our office right away, go see a doctor and do not come to the Dojo. Contact info: team@butokuden.com or 949.756.8880
 - If you were in close proximities to someone with COVID-19
 - If you travelled outside of the USA or California within the past 2 weeks
 - If your family member tested positive to COVID-19 within the past 2 weeks

At the Dojo:

- ✓ Hand sanitize before entering the facility. Hand sanitizers will be placed at the entrance of the Dojo.
- ✓ There will be a sign-in sheet at the entrance. Every practice, please sign in by writing the required information.
- ✓ Open all doors before starting the class.
- ✓ No audience. Only practitioners inside the Dojo.
- ✓ Social distancing at all times (at least 6 ft apart).
- ✓ Face coverings are mandatory at all time, even during training.
- ✓ No sharing of training equipment (Shinai, protectors, bokkens, Bogu, mitts, yoga mats, etc). Bring your own.
- ✓ Bring your own water bottle. No drinking fountain use.
- ✓ No eating in the Dojo.
- ✓ If you want to socialize, please go outside in the open air area, keeping social distance.
- ✓ One person at a time in the restrooms.
- ✓ One person at a time in the changing rooms. If possible, come to the dojo in your training uniforms, and go home in your training uniforms.
- ✓ No use of kitchen.

All Martial Arts "Starts with Rei and ends with Rei" 【礼に始まり、礼に終わる】. This means respect to your friends, opponents, students, Senseis and the Dojo. Let's respect each other and keep our Dojo COVID-19 FREE, which will keep all our Dojo members and their family safe and healthy.

Looking forward to seeing you at the Dojo.

Taro Ariga