



ARUNDEL AIKIKAI COVID-19 PROCEDURES

Guidance from the CDC <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

ALL INSTRUCTOR(S)/STUDENTS/PARTICIPANTS

The following guidelines and procedures will be in effect for all students/participants in Arundel Aikikai activities:

- If you have any signs or symptoms of infection – or believe you may have had contact with anyone infected – stay home and/or self-quarantine for a minimum of 14 days.
- The instructor(s), students, and/or participants are required to effectively wear appropriate masks at all times during in-person training activities. Masks must cover nose and mouth and must be made of material suitable to protect others from any droplets you may produce through any sneezing, coughing, breathing, and/or talking.
 - Disposable/single-use masks will be made available for participants at all Arundel Aikikai activities including dojo classes, group seminars, and on-location private lessons. These masks are available for free to any Arundel Aikikai participants.
- The instructor(s), students, and/or participants should each bring their own small towel or cloth for wiping any potential sweat or moisture
- The instructor(s), students, and/or participants required to wash hands or apply hand sanitizer according to CDC guidelines immediately before training activities begin, after training activities end, after any hand-washing required activity recommended by the CDC, and as frequently as needed throughout the training activities.
 - Hand Sanitizer will be made available for participants at all Arundel Aikikai activities including dojo classes, group seminars, and on-location private lessons. Hand sanitizer is made available at no extra cost, and Participants should utilize hand sanitizer before and after training.
- The instructor(s), students, and/or participants are required to observe social distancing guidelines at all times during training activities. This includes any relevant Federal, State, County, Facility, and/or organizational guidance and requirements.
- To facilitate social distancing, Arundel Aikikai will teach Aikido techniques exclusively through basics/solo-drills and through weapons training as long as the pandemic threatens public health. Students/participants may use dojo-owned weapons but are encouraged to bring their own -- or purchase their own -- weapons (Bokken, Jo, and Tanto). Weapons can be purchased online from most martial arts vendors or you can purchase them through the dojo (with sufficient advance notice for order and delivery).
- Any general equipment or dojo-owned equipment will be cleaned and sanitized before and after each training. The instructor(s), students, and/or participants are responsible for disinfecting any equipment they used during each training. Any general equipment not the responsibility of a student or participant will be cleaned by the instructor(s).
- During the pandemic, Arundel Aikikai will not utilize its stored tatami mats due to infection concerns. Students wishing to practice tumbling/ukemi must purchase and bring their own mats/tatami on which to tumble. Students/participants will be required to clean these mats before setting up as well as after each practice concludes. Portable bifold and trifold mats are available for purchase online from most sporting supply stores as well as Amazon.com. You can also purchase trifold mats through the dojo (with sufficient advance notice for order and delivery).

SEVERNA PARK COMMUNITY CENTER CLASSES

In addition to the “All Instructor(s)/Students/Participants” procedures, the following applies to classes and seminars at the Severna Park Community Center.

- All participating students must comply with all posted facility health and safety policies and procedures in addition to all Arundel Aikikai health and safety procedures
- In-person dojo classes/events at the Severna Park Community Center are limited to 10 participants.
- To assist students in maintaining social distancing, room setup will include clearly labeled/marked areas/lanes to guide students through class exercises while maintaining social distance.

PRIVATE LESSONS

In addition to the “All Instructor(s)/Students/Participants” procedures, the following applies to individuals and families currently taking private lessons in their homes.

- Training at a private student’s house is to be postponed for at least 14 days if anyone in the household has signs or symptoms of COVID-19 or has been in contact with someone who has signs and symptoms of COVID-19.
- To facilitate social distancing and weapons curriculum, training should take place outside or under a large, open, well-ventilated space (such as a garage with doors opened, covered patio or porch, etc.)

ONLINE CLASSES

Weekly weapons classes are hosted every Wednesday at 7:00 pm. These are open and free, with donations of any amount accepted as payment for class.