

Sentenashi Arts® *Awareness Recreation Tradition Sport*

Alberta's only professionally recognized certified educational institution for the study of Karate-Do since 1998
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www.sentenashikarate.com

Health, Hygiene and Safety Protocols

Pre-Arrival

- If you are feeling sick, please stay home from class. Instead, contact Sensei Ethan via email for virtual training option until you are well enough to return.
2. Use the washroom prior to leaving for class, come dressed in a clean uniform and with belt tied. Knowing how to tie your own belt is extremely important.
Please note- all coloured belts are expected to be able to tie their own belts. We have a video available by request to teach students, please ask Sensei Ethan if needed.
 3. Sanitize your hands upon entering the dojo. These can be found all throughout the dojo and can be used at any time. Hand Sanitization has always been a part of karate training, especially after partnering, bag work, and weapons trainings.
 4. Students should be at least 5 minutes early to class to ensure we can start on time.
 5. Please keep in mind respiratory hygiene. If you must sneeze or cough, this should be done into your elbow and followed by sanitization of hands.
 6. We will continue to limit the in and out within the dojo. If you need to speak to a Sensei, best way is to call the main office @403-239-1160

In Class

1. Same procedure for entering using the ramp and exiting down the stairs will remain in place.
Students do not need to wait to be invited into the boot room. If there is space, they are welcome to enter. Jackets are to be hung up boots on the racks to avoid tripping.
2. Attendance will be done virtually and a Sensei will assign you a spot in class.
3. Ensure to bring a personal water bottle. This is the only way for hydration within class.
4. Physical distancing has always been part of karate training and will continue to be emphasized for safety when not doing partner specific work.
5. Ensure you sanitize any weapons or gear you use during class.
6. Masking is optional within classes but fully supported- especially during cold and flu season. Please ensure to have a well fitted, quality mask available for partnering.
7. We will continuously have ventilation and air exchange within the dojo with open windows and doors.

After Class

1. Student's will be dismissed by the Sensei to avoid congestion in the boot room.
 2. Ensure you leave with everything you came to class with EX. Water bottle, bo staff, weapons, kumite gear
 3. Students are to bow out of the dojo, sanitize hands, put on their outdoor shoes, and leave down the stairs.
 4. Try to avoid gathering within the boot room as it is a small space and the next class may be trying to enter.
 5. Students should be picked up in a timely manner as the parking lot can become very busy between classes and the Sensei's need to start the next class on time.
- If you are going to be late, please give the main office a call so we can let the student know and they can watch inside while they wait.
6. Ensure to visit the website regularly at www.sentenashikarate.com for all dojo updates.

***Sentenashi Karate School is an approved Certified Educational Institution by
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