



SAFETY PROCEDURE

- Please arrive no more than 5 minutes before for your session starts to allow time for any previous occupants to depart
- Do not join a class if you are feeling unwell
- Please wear a face mask entering and leaving the building
(it does not have to be worn during the session)
- Please wash your hands or use hand sanitiser before entering the room. Hand sanitiser will be available
- Maintain social distancing as per the current government guidelines with people not from your household or bubble
- Equipment such as focus pads and body bags will not be used during training
- Rubber mats will be placed on the floor to designate an area for each member
- Arrive dressed in gi bottoms to train
(tops may be put on in the dojo)
- Indoor training shoes or non-slip socks may be worn
- Class size will be limited, booking essential
- Payment is requested online where possible
- Please bring your own drinks