

# Record of attendance



The NSW State Government requires us to record contact details of people who attend the dojo. As these records can't be used for any other purpose it is necessary to capture your personal details separately and in addition to other records. Apologies if this means you are providing duplicate information.

By completing this form you acknowledge that you are aware of relevant health advice and will comply with the requirements and restrictions current at the time you attend the dojo.

Find the most current information at: <https://www.nsw.gov.au/covid-19>

- [Symptoms and testing](#)
- [Physical distancing](#)
- The [COVIDSafe app](#) speeds up contacting people exposed to COVID-19.

## Updates

- Information below current from 17 August 2020.
- Check the aikido in sydney website for the most current dojo covid-19 measures: [aikidoinsydney.com/staying-covid-safe/](http://aikidoinsydney.com/staying-covid-safe/)

## Stay at home when unwell

Don't attend the dojo if you are unwell.

Parents and guardians of students under 18 agree not to attend the dojo if they are unwell themselves and to ensure students under 18 who are unwell do not attend the dojo.

Instructors will politely and respectfully require you to leave if you are sick.

If a student under 18 is sick we will contact a parent or guardian to collect them. The student will be monitored outside the dojo until a parent or guardian arrives.

## Practise good hygiene when at the dojo

In addition to the requirements of the [Student code of conduct](#):

- Wash your hands regularly and thoroughly.
- Wash your hands or use hand sanitiser on arrival at the dojo.
- Cover your cough or sneeze using your elbow or a tissue.
- Immediately dispose of tissues and wash your hands or use hand sanitiser after coughing or sneezing.
- Ensure you bring your own water bottle and tenugui (hand towel/cloth) to training.

## Maintain physical distance

Please avoid physical contact except as required for training:

- Avoid shaking hands. Use non-contact greetings.
- Maintain social distancing of 1.5 m on arrival and departure, socialising before and after class, getting changed, and when setting up and packing up.
- Consider wearing part or all of your training clothes to and from the dojo.
- If you prefer to train without physical contact please let the instructor and your training partners know. Your decision will be respected and factored into training.
- Wear a face mask in the dojo including during training.

## **Minimise high-impact aerobic training**

As we return to physical training in the dojo we will continue to exercise caution. Someone who is sweating profusely, breathing heavily and taking high-impact ukemi is likely to shed more virus if they are carrying it unwittingly. Let's avoid high-impact aerobic training and ukemi until restrictions are further lifted.

## **Cleaning**

Ensure high contact surfaces, such as door handles and light switches, are cleaned with disinfectant wipes provided.

Wipe down wooden weapons before and after training with alcohol supplied. Ensure your hands are clean (washed or sanitised) before handling weapons.

## **Acknowledgement of health and hygiene measures at the dojo**

I am well and have no signs or symptoms of flu-like illness. I will exclude myself from training and not attend the dojo if I develop symptoms in the future.

I have provided my personal details so I can be contacted in the event of a positive case of COVID-19 being identified at the dojo venue.

I have reviewed the safety and hygiene measures in place at the dojo and I agree to follow and implement the requirements outlined above.

Name

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Phone

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Email

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Signature

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Date

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