**A Safe and Supportive Environment**

One purpose of the Dojo is to provide a safe and supportive environment for all to practice Aikido and Tai Chi. These arts, especially Aikido, require frequent body contact. For this reason, we take the necessary precautions to protect the health of our membership and their guests. In this respect, the chief instructor ensures that the following goals are met:

1. The mat is kept clean and disinfected regularly.
2. The common areas (change rooms and lobby) are kept clean.
3. The dojo is properly ventilated with fresh air circulation.
4. Only healthy persons are admitted inside the Dojo
5. All relevant public health regulations are complied with.
6. All health concerns brought up by the membership are satisfactorily addressed.

To achieve these goals, the following rules are in effect and will be modified according to changing circumstances.

**Face Mask**

Face masks are worn to protect the health of the wearer and those in the vicinity.  At this time, face masks are generally not required inside the Dojo, with the exceptions below.

Wear a face mask inside the Dojo if any one of these conditions applies:

* Coughing or sneezing, for any reason.
* Unvaccinated against Covid-19
* Immunocompromised

**Admittance**

All reasonably healthy individuals are admitted inside the Dojo.

Members or individuals who do not feel well for any reason are asked to not enter the Dojo.

Shoes should be taken off upon entry to the Dojo.

**Vaccination**

We strongly recommend that all members get vaccinated against Covid 19 and the seasonal flu and note this on your profile on Zen Planner.

**Dojo and Mat Sanitation**

The Dojo and mat are cleaned and sanitized weekly.

The actual cleaning procedures are adjusted according to the health risk and public health regulations.

All members must have clean hands and feet and clothing when using the mat. Fresh air is circulated to the extent possible.