

Aikido Institute Davis
Hygiene Policy

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 close contact. For this reason, we take necessary precautions to protect the health of our members 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.
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 Masks

Face masks are not requested or required inside the dojo, with the exceptions below:

- Public health guidelines require their use.
- You are coughing or sneezing.
- You wish to mask for personal reasons.

Admittance

- Members or individuals who do not feel well are asked not to enter the dojo.
- Shoes should be taken off upon entry to the dojo.

Vaccination

We recommend that members get vaccinated against Covid-19 and the seasonal flu.

Dojo and Mat Sanitation

- The dojo and mat are cleaned and sanitized weekly.
- All members must have clean hands, feet, and clothing on the mat.
- Blood is removed from the mat when discovered by an appropriate method.

Ventilation

- Fresh air is circulated to the extent possible.