

AIKIDO OF HILO

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Covid-19 Policies & Precautions

After a period of restriction, we are now accepting new members again. We do continue to have some health and safety protocols in place which you should be aware of.

Recommendations from the CDC and other health experts continue to change but, for the present, we are maintaining these requirements for the maximum safety of all our members and their families.

The most important of these are listed here:

- 1- Covid-19 vaccinations are recommended. If you have a vaccination record, please show it when joining the dojo.
- 2- Face masks are to be worn at all times in the dojo. If you are not vaccinated, we require that you wear a well fitted N-95 or KN-95 face mask.
- 3- Temperature checks shall be done each time you enter the dojo.
- 4- Hands should be sanitized on entry and as needed during classes.
- 5- Sensei will assign a partner who you will stay with throughout each class. We will not change practice partners for each different technique.
- 6- Some social distancing should be maintained where possible. Aikido practice requires some close contact with your partner. When not actually training, please give extra personal space.
- 7- If you feel sick, have recently traveled, or suspect possible Covid exposure, please stay home. In such a case, you should wait 5 days with no symptoms, then have negative rapid tests on two days, at least 24 hours apart.