



## COVID RECOMMENDATIONS

### Judo Kwai Lausanne informs

Dear Members, Dear Parents and Friends,

In the wake of the additional measures communicated by the Canton de Vaud, the Judo Kwai Lausanne management committee wishes to clarify and recall the health constraints applicable in its dojos.

#### **Hand disinfection**

Each time you enter and leave the dojo, you must disinfect your hands with the product provided or with your own hydro-alcoholic gel.

For people allergic to these gels, good hand washing with soap can replace the requested disinfections.

#### **Wearing the mask**

From the age of 12, each member must wear a mask when entering the building that houses the dojo. The mask must be worn in common areas (building entrance hallway, common stairs, locker rooms).

The mask can be removed once the member is in the dojo, waiting to start training.

Training is done without a mask.

In the locker rooms, social distancing being difficult to ensure, the wearing of a mask is requested. Except for the shower part.

#### **Bottle**

Bottles should not be shared. If necessary, mark your it.

It is not allowed to take drinks from the dojo's fridge.

The teaching staff will take care to guide the youngest children towards these good practices.

Each Member, staff, member of the management committee must adopt responsible behavior. In case of symptoms (fever, dry cough, fatigue, loss of smell or taste, etc.) or in case of doubt about his state of health, it is recommended not to attend the training session and get tested.

**Please take note of the above and take care of yourself.**