



**COLORADO**  
**BUDOKAN**

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Updated March 1, 2022

At Colorado Budokan (CB), we are passionately committed to providing an inspiring, safe and clean environment for our members to improve their quality of life through the practice of traditional karate-do.

We are closely monitoring Coronavirus (COVID-19) developments and our team is taking necessary precautions to ensure you can train safely. Rest assured, Colorado Budokan has customized our normal operating procedure with specific protocols to ensure your safety. We are asking you to join us in our commitment.

The strategies provided by Colorado Budokan follow the advice and recommendations from the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC). These guidelines do not supersede or replace any requirements or recommendations from government health authorities.

#### **DOJO PROTOCOLS AND BEST PRACTICES TO HELP PROTECT YOURSELF AND OTHERS:**

**Please do not come to the dojo sick.** If you are not feeling well, have a fever, or visible signs of illness we ask that you take time to rest and recover.

**COVID-19 Self-assessment.** Dojo members and parents should perform a COVID-19 self-assessment questionnaire before they leave their home. <https://www.mayoclinic.org/covid-19-self-assessment-tool>

**Face masks.** Mandatory for unvaccinated individuals (instructors, students, parents) at all times while in the dojo. *If you have been fully vaccinated against COVID 19, wearing a face mask will be optional but encouraged.*

**Come to the dojo dressed in your gi.** Athletes should arrive already in uniform. If athletes use public transit to come to training, they should wear a tracksuit over their uniform to keep it clean. Use of changerooms and showers is not recommended.

**Recommended PPE.** Face masks mandatory for unvaccinated individuals (instructors, students, parents) at all times while in the dojo. Clean socks permitted.

**Personal items.** Leave all personal items (gym bag, purse, etc) secured and out of sight in your car.

**Temperature check.** Not being implemented at this time. May resume in the future.

**Sanitize.** Sanitize hands and feet immediately upon entering the dojo.

