



COVID-19

RE-OPENING AND GUIDANCE
INFORMATION UPDATE

MAKERFIELD JU-JITSU
ACADEMY

WEDNESDAY 19TH AUGUST 2020

I AM DELIGHTED TO BE WRITING TO YOU FOLLOWING THE MANY WEEKS OF LOCK DOWN AND CLOSURE. WE HAVE ALL BEEN WAITING PATIENTLY FOR NEWS ON THE RE-OPENING OF THE CLUB, THIS CAN NOW SLOWLY BEGIN WITH SMALL STEPS AS WE BEGIN THE PROCESS.

IT IS CONFIRMED THAT WE WILL RE-OPEN TO NEW AND EXISTING MEMBERS FROM WEDNESDAY 19TH AUGUST 2020 WITH CERTAIN MEASURES IN PLACE.



PLEASE **DO NOT** COME TO CLASS IF YOU OR ANYONE IN YOUR HOUSEHOLD HAS ANY OF THE FOLLOWING SYMPTOMS ...

- A HIGH TEMPERATURE
- A NEW CONTINUOUS COUGH
- A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE
- OR IF YOU HAVE COME INTO CONTACT WITH ANYONE WITH SYMPTOMS OF COVID-19

HOW WILL THE CLUB OPERATE?

- UPON ARRIVAL ALL STUDENT TEMPERATURES WILL BE TAKEN, ANY READINGS ABOVE 38 DEGREES AND YOU WILL UNFORTUNATELY BE TURNED AWAY.
- ALL STUDENTS MUST ATTEND THE CLASS READY TO TRAIN IN THEIR GI, PLEASE **DO NOT** TURN UP IN YOUR OWN CLOTHES.
- HANDS AND FEET MUST BE CLEANED **BEFORE** CLASS AND SANITISED UPON ARRIVAL, SANITISER WILL BE PROVIDED BY THE CLUB AND THE CHURCH HALL.
- ALL STUDENT MEMBERSHIPS AND INSURANCE MUST BE VALID BEFORE TRAINING CAN COMMENCE - IF YOU ARE UNSURE PLEASE GET IN TOUCH.

HOW WILL THE CLUB OPERATE? CONT....

- ALL STUDENTS AND INSTRUCTORS MUST COMPLETE A TRACK AND TRACE FORM **BEFORE** TRAINING.
- ALL STUDENTS MUST SUBMIT A BOOKING REQUEST BEFORE ATTENDING CLASS.
- ALL CASH PAYMENTS MUST BE FOR THE EXACT AMOUNT AND PROVIDED IN A SEALED ENVELOPE WITH THE STUDENTS NAME WRITTEN, LOSE CASH WILL NOT BE ACCEPTED AND CHANGE WILL NOT BE GIVEN.
- BANK DETAILS CAN BE PROVIDED FOR AN ELECTRONIC TRANSFER OF ANY PAYMENTS.

HOW WILL THE CLUB OPERATE? CONT....

- CLASSES WILL BE LIMITED TO 15 STUDENTS IN ATTENDANCE.
- EACH STUDENT WILL USE A 1 METRE SQUARED MAT WHICH IS PLACED 1 METRE APART FROM THE NEXT STUDENT AND MAT.
- MATS WILL BE CLEANED BEFORE AND AFTER EVERY USE AND WILL BE LEFT UNTOUCHED FOR AT LEAST 72 HOURS.
- IT IS NOT PERMITTED TO GATHER IN THE FOYER BEFORE CLASS AND THE MAIN DOORS WILL BE LOCKED UNTIL 10 MINUTES BEFORE THE START OF THE CLASS AND THEN LOCKED FOR THE CLASS DURATION.
- TO COMPLY WITH SAFEGUARDING POLICIES A MINIMUM OF 2 X INSTRUCTORS MUST BE PRESENT FOR CLASSES TO RUN AS PLANNED.
- THE KITCHEN AREA WILL NOT BE IN USE, PLEASE BRING YOUR OWN BOTTLED WATER IF IT IS REQUIRED.

HOW WILL THE CLUB OPERATE? CONT....

ALL CLASSES WILL STILL FOLLOW THE STRUCTURED WJF SYLLABUS, HOWEVER AS WE CANNOT YET RESUME FULL CONTACT HAND TO HAND JU JITSU CLASSES WILL BE BASED AROUND THE FOLLOWING:

- FITNESS - INCLUDING WARMUPS AND ROUTINES TO GET EVERYONE MOVING AND SWEATING
- KATA - STANDARD JU JITSU AND KOBUDO
- SHADOW BOXING
- SOME JAPANESE TERMINOLOGY WHERE APPROPRIATE
- WE AIM TO BE FLUID WITH THE CONTENT OF OUR CLASSES, DO YOU HAVE AN IDEA OF WHAT WE CAN INCORPORATE, DO YOU WANT TO SEE MORE OR A PARTICULAR SUBJECT THE SPEAK TO ONE OF THE INSTRUCTORS AND WE WILL ACCOMMODATE WHAT WE CAN!



THANK FOR YOUR SUPPORT AND UNDERSTANDING DURING THESE DIFFICULT TIMES, I LOOK FORWARD TO SEEING YOU SOON AND I ALSO APPRECIATE THAT SOME OF YOU MAY NOT WISH TO START TRAINING AGAIN AT THE PRESENT TIME.

TO ACCESS ANY OF OUR ONLINE TRACK AND TRACE OR CLASS BOOKING FORMS, PLEASE VISIT WWW.MAKERFIELD-JUJITSU.CO.UK AND LOOK FOR THE COVID-19 TAB WHICH IS LOCATED UNDER THE "CLASSES" PORTION OF THE MENU.

IF YOU HAVE ANY QUERIES, PLEASE DO GET IN TOUCH.

KIND REGARDS,

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