

# Preventing Infectious Disease

Tri-force jiu-jitsu academy

We would like to request that you help us to prevent infectious diseases including new coronavirus from our academy.

First of all, if you feel unwell, please refrain from participating in practice.

As a general rule, we will not take temperature measurements due to problems with the handling and accuracy of the equipment and the nature of the small-group school.

We would like to ask for your cooperation with the following.

## **Disinfecting your hands on arriving at the Academy**

When entering the building, please disinfect your hands with the disinfection pump provided at reception.

## **Disinfection of items used during training**

Please disinfect the training equipment that was used with the disinfectant in the spray bottle.

## **Mask wearing rule**

Wearing a mask is optional for all classes. Instructors wear masks for specific classes.

## **Social distancing (in the building / changing room)**

Please refrain from talking to people within 2 meters without wearing a mask. (Exemptions for those classes where wearing a mask is not mandatory). Please inform other people if crowding occurs. Please also refrain from crowding and talking in the changing room as much as possible.

## **Limited free time**

In order to reduce the crowding, we may ask to refrain from using the mat space for free time.