

The following are Twin Cities Aikido Center guidelines for opening after the COVID-19 shutdown. We have attempted to comply with the State of Minnesota guidelines, but to be successful, individuals must also follow good judgment and guidelines for social distancing.

Before you come to the dojo:

- If you, or anyone in your household, have any symptoms of COVID, or are feeling ill, **STAY HOME**
- If you are not comfortable with the guidelines we are following, **STAY HOME** and consider following one of our recorded classes (see the video tab on our website), or participate from your home if the class is also being held on zoom.
- **Pre-register for the class at:**
<https://www.supersaas.com/schedule/tcaikido/Classes>
- Have a clean gi
- Have a face mask (required for inside classes, recommended for outside classes)

When you enter the dojo:

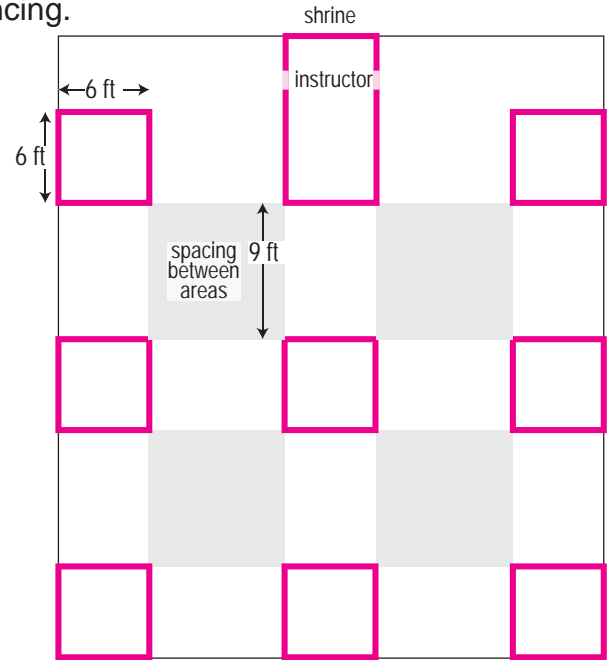
- If you haven't pre-registered, please don't enter.
- Wear a face mask
- Wash your hands
- Take your temperature
- Sign in on the sheet for that date and class, and confirm your temperature and that you've had no symptoms and have not been in contact with anyone with symptoms.
- If you have to change into your gi, follow the 6 foot separation and have only one person in the changing rooms/restrooms at a time.

On the Mat:

- We will be doing no-contact exercises, ukemi practice, movement practice and weapons work. Do not engage in contact with anyone.
- If doing weapons, disinfect a weapon after selecting it.
- **Select one of the marked squares and stay within that square for the duration of the class to maintain the 9 foot separation**

When class is over:

- If doing weapons, disinfect a weapon after use.
- Wash your hands
- Someone should vacuum the mat
- Someone should disinfect surfaces such as knobs, the sign in area, etc.
- Ensure that everyone has signed in.
- If using the changing room, maintain proper separation-one person at a time.
- Leave the dojo promptly following the after-class cleaning.



WEEK DAY CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM-7:30AM	REGULAR Eric E. (in person)	REGULAR Wayne B. (in person and zoom)	REGULAR KatherineR. (in person)	REGULAR KatherineR. /TimP. (in person)	REGULAR PeteD./ DavidM./ JackM. (in person)
6:00-6:45PM				YOUTH (7 and up) Vickie (TBD)	
6:30- 7:30PM except as noted	REGULAR Al S. (in person)	BASIC Jerry D. (zoom only)	REGULAR Robert G. (in person and zoom)	BASIC Mick C. 7:15-8:00PM (in person)	REGULAR Robert G. (in person and zoom)

WEEKEND SCHEDULE

TIME	SATURDAY	SUNDAY
7:30AM-8:30AM	REGULAR Wayne B. (in person and zoom)	
9:30AM-10:30AM	Weapons / Adults and YOUTH (7 and up) Robert (in person and zoom)	
1:00-2:00PM		Weapons/Regular (YOUTH OK) Robert G. (in person and zoom)

Please check our on-line schedule for any changes

DOJO CLOSED ON:
New Years Day
Easter
Memorial Day
4th of July
Labor Day
Thanksgiving
Christmas