

PROGRESSIVE RESUMPTION OF SPORTS ACTIVITIES
“HEALTH SECURITY PROTOCOL” OF DOJO DE GRENELLE

(revised and updated version of May 9, 2020)

This Protocol will be implemented and applied as soon as the reopening of the Club will be authorized (in principle from June 2, 2020 – see Prime Minister’ speech on April 28, 2020):

In addition to strict compliance with “barrier gestures” and “physical distance” aimed at protecting members and other people visiting the Dojo de Grenelle, we are implementing the following precautionary and health protection rules - to be applied strictly:

- First of all, as a reminder, all the rooms (and changing rooms) + WC + the sports equipment have been totally disinfected;
- We are going to set up a “thermal portal” (“airport” type) at the entrance to the Club to measure by infrared the temperature of each member entering the Club. This will imply the refusal to allow the acceptance of those members whose body temperature is above 37.3 degrees celsius;
- Reception staff may also use infrared pistol-thermometers to check, if necessary, the body temperatures of members;
- We will provide a hydro-alcoholic liquid dispenser to disinfect your hands at the entrance of the Club + of course soap to wash your hands regularly;
- Installation of a protective plexiglass to isolate the reception desk of the Club (as in supermarket checkouts);
- The number of members will be limited: 1 adult / 5 m² and 1 child / 4 m² (a maximum of 15 to 18 students depending on the class) – with a need to respect for the “physical distance” of 1 m;
- All content and course of our classes have been reviewed and redesigned by our professors to optimize physical distance and too close contacts; in particular by the use of individual dummies to avoid contact (judo, MMA, grappling / luta livre ...);
- For children's classes from 4 to 10 years old, parents or nannies must leave their children with their professors at the entrance (outside the Club), and collect them at the entrance (outside the Club) at the end of their classes;
- Chaperones (parents, nannies, friends) cannot stay at the Club to attend lessons - with the exception of Baby Gym lessons with 1 parent / nanny;
- All members - adults and children - must come already dressed in sportswear before going to the Club;
- Consequently, each Club member will have to come with his own outfit and his own training equipment - the wearing of a jogging bottom, a T-shirt and specific gym shoes (for inside classes) or socks (especially for children) being highly recommended to prevent perspiration on carpets and floor coverings. No member will be able to undress or get dressed in the classrooms.
- There will be 2 separate traffic flows to enter and exit the Club - and entry and exit will take place through two separate doors;

- “Incoming” Club members will not have priority over “outgoing” Club members - and these “incoming” members will have to queue in front of the Club, along the access stairs and lower if necessary - strictly respecting the rule of physical distance of one (1) m between them (as in front of supermarkets, convenience stores or other shops open to the public); this means in practice that “incoming” members must wait for the exit of “outgoing” members before entering the Club;
- The changing rooms - adults and children - will be closed until July 31, 2020;
- No trial courses (adults or children) are being planned until July 31, 2020;
- Pay attention please: Obligation for everyone to wash their hands with hydro-alcoholic liquid immediately at the entrance of the Club;
- Pay attention please: Obligatory wearing of a surgical mask (or other) by all Club members (adults and children from 11 years old) from their entry of the Club, during the classes, in the changing rooms and until their exit from the Club - NB: voluntary wearing of a mask for children aged 6 to 11 years old is possible, but no mask is required for children under 6 - as applicable in primary French schools; and
- Pay attention please: Latex gloves must also be worn by all Club members (adults and children from 11 years old) from the time they enter the Club, during the classes, in the changing rooms and until their exit from the Club - NB: voluntary use of latex gloves for children 6 to 11 years old is possible, but no gloves is required for children under 6 years of age;
- Please note: Professors must wear masks + Plexiglas face protectors (as in hospital – these masks being supplied by the Club) + latex gloves for the duration of their presence in the Club;
- All members - adults and children - must leave the Club dressed in sportswear (no passage allowed through the adult or children's changing rooms);
- There will be no loan of Club kimonos or Club *dobocks* or Club boxing gloves for any classes (adults or children);
- All the equipment and play materials for children in Baby Gym, Circus, Fencing ... and those used by adult Club members will be cleaned and disinfected by the professors concerned after each use;

All of these health protection provisions referred to above are integrated with immediate effect in the Internal Regulations of the Dojo de Grenelle and are applicable immediately; and

Failure to comply with any of these protection provisions will be subject to the immediate exclusion, on a temporary basis, of the class in question, or even of the Club in the event of a repeat offense.

Dojo de Grenelle
May 9, 2020