

“HEALTH SECURITY PROTOCOL” OF DOJO DE GRENELLE
(version created on May 9, 2020 and revised and updated on August 27, 2020)

This Protocol was implemented and applied as soon as the reopening of the Club was authorized (from June 2, 2020 for special outdoor classes and from June 22, 2020 for indoor classes).

In addition to strict compliance with “*barrier gestures*” and “*physical distancing*” 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 have 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 provide a hydro-alcoholic liquid dispenser to disinfect your hands at the entrance of the Club + of course soap to regularly wash your hands;
- Installation of a protective plexiglass to isolate the reception desk of the Club;
- The number of members will be limited: 1 adult / 5 m2 and 1 child / 4 m2 – together with a need to respect for the “*physical distancing*” of 1 m;
- All content and course of our classes have been reviewed and redesigned by our professors to optimize physical distancing and too close contacts (if necessary); in particular by the use of individual dummies to avoid, as need may be, 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 (to the extent possible) come already dressed in sportswear before going to the Club;
- Consequently, each Club member has 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. Members may undress or get dressed in the classrooms to the extent they wear protective masks + respect the physical distancing of 1m between themselves;

- Members may also undress or get dressed in the changing rooms to the extent they wear protective masks + respect the physical distancing of 1m between themselves; any member not respecting this rule is not authorized to physically access the changing rooms;
- There are 2 separate traffic flows to enter and exit the Club - and entry and exit will take place through two separate doors;
- “Incoming” Club members have no priority over “outgoing” Club members - and these “incoming” members have to queue in front of the Club, along the access stairs and lower if necessary - strictly respecting the rule of physical distancing of one (1) m between them; this means in practice that “incoming” members must wait for the exit of “outgoing” members before entering the Club;
- 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 equivalent mask) 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; and
- Please note: Professors must wear protective masks + Plexiglas face protectors;
- 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, Taekwondo, Baby Boxing ... 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 for the coming sports season 2020-2021.

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
August 27, 2020