



East London Dojo

Covid 19 Guidelines and restrictions

As of Monday 3rd August 2020 until further update

There opening of the East London Gymnastics Centre, and in turn the East London Dojo, is subject to additional conditions and restrictions.

These are outlined here, and will form part of any agreement signed by any party that book use of the dojo, on a regular or ad hoc basis.

These restrictions and guidelines are in place to ensure that the risk of contracting any virus as a result of contact made within the facility is kept to a minimal where it's not possible to eliminate risk.

It is important to note that the management of the East London Dojo, or the East London School of Gymnastics Movement and dance cannot be held responsible where guidelines and advice are not followed, or where the relevant insurances are not in place by the patrons using the facility.

Entry / Exit – to/ from the Centre

- The centre will operate reduce opening times to begin with, please see the club websites and ELD calendar to check class times
- The East London Gymnastics car park will be for the use of staff and instructors only at this time. Patrons are asked to use the Asda car park where you can enjoy up to 3 hours of free parking if visiting by car. This is to reduce traffic to allow for clearer entry and exit to the centre and allow for social distancing.
- Each class at the centre will have a designated entry and exit route. ELD will be entrance up the main staircase, and exit down the back stairs, and out of the fire escape for exit. The dojo office will be out of action at this time.
- Patrons will be asked to wait outside of the centre, where they will temperature checked upon entry. Anyone with a high temperature will be asked to leave regardless of how they are feeling in themselves.
- Unfortunately parents and / or spectators will be asked to leave the premises entirely during class time, and collect from the exit point of the building after class.
- There will be no changing facilities available, so patrons are asked to arrive/ leave ready for training.

In dojo guidance

Clubs / class instructors are asked to ensure

- All bookings and class fees are pre paid to ensure of a cashless environment
- Contact details of all attendees and a register is kept for each class for track and trace purposes if required.
- Its recommended that club instructors temperature check students of their club , classes upon entry
- NO outdoor shoes are to be worn inside the dojo
- NO bare feet training is allowed at this time. All patrons are to wear suitable indoor footwear.
- Windows are to be opened where possible and must ensure to close upon departure
- Social distancing should be observed within the government and sporting governing body guidelines. A maximum number of patrons will be displayed at the entrance and inside the dojo for guidance
- No seating will be available inside the dojo at this time
- No food is to be consumed inside the dojo. Drinks must be in personal water containers only. Any left within the dojo will be disposed of.



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- Any equipment that is used by instructors should be wiped with anti-bacterial wipes and disposed of safely outside of the dojo. It is recommended that students do not share training equipment.
- A toilet situated outside of the dojo entrance will be designated for the use of in dojo classes only, and will be required to operate a one in – one out policy of use to reduce contact.

These guidelines will be amended and updated as time proceeds and in line with continual changing advice.

Thank you for your attention