



COVID Information for Students & Parents

Before you come!

- 1) **Face coverings are mandatory for entry.** Wear a cloth mask or similar.
- 2) **Do not attend if:**
 - a. You've been asked to quarantine and/or are not fully vaccinated and have exposed to a close contact with COVID-19.
 - b. You are exhibiting any of the current CDC recognized symptoms consistent with COVID-19.
 - c. We are following the school district's travel guidelines. If you have are not fully vaccinated and/or are under age 5 and have traveled out of Alaska you may not enter the building until you have received a negative tests 4-days apart after return or have quarantined for 10 days if not testing. We may revisit travel guidelines in the future.
If you are out on isolation or quarantine, please contact us regarding billing – we do not want to penalize you for doing the right thing!
- 3) Plan to change at home when possible.
- 4) Bring a water bottle if you have one rather than using the water fountain.

When you arrive

- 5) Arrive 10 minutes early to be screened at the front door.
- 6) Please do not bring guests like non-enrolled children or friends. Visitors must wear masks! Only event attendees should attend except in the case of young children that need a parent's assistance.
- 7) We are using the front door for entry & the front or side door for exit.
- 8) Please wash your hands or use sanitizer before practice and again after when we do any partner or pad work.

If you are diagnosed with COVID after attending

- 9) Please contact Sensei Laurinda to facilitate contact tracing if health officials advise you to do so. She can be reached at 738-2887 (cell).

A note:

We at Kenwa Karate of Sitka take COVID very seriously and know all of us have been touched in some way by this pandemic. We appreciate your diligence. We know that the rules requiring universal masking, limiting the number of people inside, and restricting class attendance after travel may seem particularly strict. Yet, we feel this is the best course of action currently since many of our Little Dragons students some family members and older students are still awaiting a vaccine.

Sensei Laurinda has been fully vaccinated & boosted and is continuing to wear a mask indoors when she goes out in public. If she is asked to quarantine, we will pause classes temporarily.

For uniform & gear ordering please be aware we have been experiencing significant delays & backordered products with our main vendors. We have been placing orders months before we need them, but occasionally run out of stock in certain items or sizes.