



# 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 exposed to a positive or suspected case of COVID-19 or have been asked to quarantine.
  - 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. Currently, this means if you have are unvaccinated and have traveled out of Alaska you may not enter the building until you have received two negative tests 7-days apart after return. We may revisit travel guidelines in the future.
- 3) Plan to change at home. Students should not change at the dojo at this time. As such you may wear appropriate athletic clothes instead of your gi if necessary.
- 4) Bring a water bottle if you need one – the water fountain is currently closed.

## When you arrive

- 5) Arrive 10 minutes early to be screened at the front door.
- 6) We are limiting building capacity at this time. Only event attendees should attend except in the case of very young children that need a parent's assistance. Please do not bring guests like non-enrolled children or friends.
- 7) We will have one door for entry & one door for exit.
- 8) Please wash your hands or use sanitizer before practice.
- 9) Practice social distancing by maintaining space between yourself and any non-household members.

## If you are diagnosed with COVID after attending

- 10) Please contact Sensei Laurinda ASAP to facilitate contact tracing. She can be reached at 738-2887 (cell).

A note:

We at KKS 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 at this time since some adults and all children 15 & younger are still awaiting a vaccine.

Sensei Laurinda has been vaccinated and is continuing to wear a mask indoors whenever she leaves home. If she is asked to quarantine, we will pause classes temporarily.

For uniform & gear ordering please be aware we have been experiencing some delays & backordered products with our main vendors. These companies are working very hard, but they have been dealing with truly unprecedented supply chain issues. What this means for you is we are doing our best to keep items in stock, but we may not always be able to get an item promptly if it is not already in our local inventory. Therefore, we will be a bit more “relaxed” if a student needs to wear alternate athletic clothing for a while rather than a too-small uniform they have outgrown.