



CLUARANKWAI JUDO CLUB
THE WAY OF THE THISTLE

Quick Guide For Returning To Training

- **Classes must be booked through events on Facebook**
- **Before arriving at the club fill out the COVID-19 indemnity form before each session and bring it along or send a copy to our Facebook or email**
- **Arrive 5 minutes before the session with kit on ready to start the class**
- **Your temperature may be checked at the door and if it is too high you will be unable to take part in the session**
- **Follow the one way system marked out to enter and exit the club**
- **Use hand sanitizer as you enter the club. Hand sanitizer will also be provided throughout each area of the club**
- **Please bring a face mask as masks must be worn by adults and children when entering and leaving the club but not whilst training**
- **Do not attend any sessions if you are showing any symptoms of COVID-19**