



Student Guidance



BEFORE TRAINING



WEAR A CLEAN
UNIFORM TO CLASS
(DON'T USE THE
CHANGING ROOMS
AT THE SCHOOL)



BRING YOUR OWN
HAND SANITISER
& PUT YOUR NAME
ON IT



BRING YOUR OWN
WATER BOTTLE
& PUT YOUR NAME
ON IT



WASH YOUR HANDS
WITH SOAP & WATER
(20 SECONDS)
BEFORE YOU LEAVE
FOR TRAINING

ARRIVING AT TRAINING



ARRIVE AT THE DOJO
ENTRANCE WITH
YOUR PARENT OR
GUARDIAN



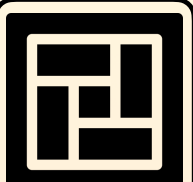
MAKE SURE YOUR
BELT & UNIFORM
ARE TIED
SECURELY



APPLY YOUR
HAND SANITISER
OR USE THE
SANITISER PROVIDED
BEFORE YOU
BEGIN TRAINING



GET THE THUMBS UP
FROM AN INSTRUCTOR
TO COME INTO THE
ROOM & GO ONTO
YOUR MAT



STAY ON YOUR MAT
AND WAIT FOR
FURTHER
INSTRUCTIONS

DURING TRAINING



STAY ON YOUR MAT
AT ALL TIMES
DURING THE LESSON



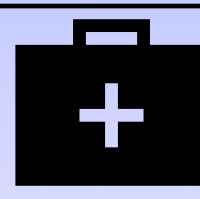
PUT YOUR HAND UP
IF YOU NEED HELP
OR NEED TO LEAVE
THE MAT, AN
INSTRUCTOR WILL
COME TO YOU



COVER YOUR MOUTH
AND NOSE WITH A
TISSUE OR YOUR
SLEEVE (NOT YOUR
HANDS) WHEN YOU
COUGH OR SNEEZE

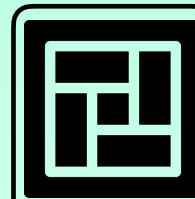


PUT YOUR TISSUE
IN THE BIN
IMMEDIATELY AND
USE YOUR HAND
SANITISER



IF YOU NEED BASIC FIRST AID
TREATMENT AN INSTRUCTOR WILL
GUIDE YOU THROUGH YOUR OWN
TREATMENT, OR THEY MAY CALL
YOUR PARENT TO HELP YOU.

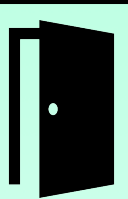
AFTER TRAINING



STAY ON YOUR MAT
UNTIL AN INSTRUCTOR
INDICATES YOU CAN
LEAVE



APPLY YOUR HAND
SANITISER BEFORE
YOU LEAVE



LEAVE THE DOJO
WITH YOUR PARENT
& ALL YOUR
EQUIPMENT