

COVID safe information

Welcome to Canberra for our seminar with Ulf Evenas Shihan!



These are the expectations for **all participants** at the seminar:

PLEASE DO NOT TRAIN IF YOU ARE UNWELL

1. **Daily RAT prior to attending the seminar venue** - you can provide your own, or purchase a pack of four with your meal tickets for the seminar.
 2. **Sign in daily** to the sessions you are attending using the QR codes provided.
 3. **If you develop any illness symptoms**, please notify the organisers, **please DO NOT come to the seminar venue**, please consult the provided information about managing COVID while in the ACT.
 4. While at the seminar, please minimise your time congregating indoors, follow good hand hygiene procedures, and wash your hands with the provided sanitiser between training partners.
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Contacts for the seminar:

Stephen Martin - 0468 587 734

Anthony O'Connor - 0427 674 836

FAQs:

1. Can I attend the seminar if I'm feeling unwell?

No! Please don't come if you have symptoms of illness. Please do your daily RAT and if it is negative but you still feel unwell, strongly consider getting a COVID-19 PCR from a respiratory clinic or the Garran Testing Centre.

2. Do I need to do a RAT test for each day of attending the seminar?

Yes! This is to maximise our chances of detecting COVID-19 amongst seminar participants, so we can protect the health of our fellow Aikido-ka.

3. What about masks - when do I need to wear them?

Masks for participants aren't required at the seminar during training. P2 / N95 masks are effective at reducing COVID-19 spread within indoor areas. When you are spectating indoors or attending seminar dinners indoors you may of course wear a mask.

4. How do I register my attendance each day at the seminar?

There will be a QR code on a sign outside the venue - please use this to sign in electronically. We will keep this information securely for 28 days as required by the ACT government and as detailed in our COVID safe plan.

5. What happens if I develop symptoms during the seminar?

Please alert the medical team and organisers. We will provide a mask, help you get to your accommodation, and give you information about medical services and COVID-19 testing in the ACT

6. How will this seminar be different given there is a COVID-19 pandemic?

We will be minimising training indoors. Bukiwaza training (weather permitting) will be on an oval - please bring appropriate footwear. We will be strict about people with illness - they will not be able to train at the seminar.

7. Can I see the COVID-19 safety plan for the seminar?

Yes! Please e-mail Steve on steve.w.martin@gmail.com to request a copy. Any questions regarding the plan please contact Steve - 0468 587 734
