



Hygiene Measures and Protocols

The health and safety of our students is and always will be the top priority at Krav Maga Australia. It is for this reason that we are going above and beyond the minimum requirements to ensure the highest levels of hygiene are kept at the gym. These measures relate to the preparation of opening the gym for students as well as before, during and after each session

The following is a summary of the hygiene measures being taken at the gym.

- On Friday 6th November the gym is undergoing a deep clean.
 - The company comes highly recommended and has experience in cleaning and sanitising day surgeries and other medical facilities. It is the same company that was used to prepare for opening at the end of June.
 - The cleaning process will be extremely thorough and will take the duration of the day.
- 2 automatic contactless hand sanitisation stations are installed in the gym.
 - One station will be in the reception area for all persons to use when entering the gym
 - The other station will be in the mat space for students to use during class after using equipment and again at the end of the class before leaving the gym.
- All Krav Maga Australia instructors and staff have completed an online COVID-19 course specifically designed for the martial arts industry by the Martial Arts Institute of Australia (MAIA)
- All persons entering the gym (including staff and instructors) will have their temperatures checked each time.
 - Anyone displaying a temperature of 38° or higher will not be permitted to enter the gym and will be advised to see their doctor.
- There will no sharing of equipment between students during a class.
- Each piece of equipment used during a class will be disinfected immediately following the class.

- High contact areas will be cleaned when the gym is opened each day and regularly during gym opening times.
 - Front door and toilet door handles
 - Bathroom taps and toilet flushes
 - Reception desktop
 - Drinking fountain tap
- As has always been procedure the mats will be mopped with a disinfectant solution after the last class each night.
- Students will be required to wear shoes/thongs when going to the toilets.
 - Preference is for students to use their own.
 - If students use the communal thongs, the student must spray them with the disinfectant available immediately when taken them off.
- Separate entry and exit points will be used to assist with avoiding a congestion of people outside of the main front door
- A 15-minute gap between classes has been provided for in the timetable to allow for cleaning between classes and to adhere to capacity restriction in the gym.

If you have any questions regarding the hygiene of the gym please email info@kravmagaoz.com.au and we will get back to you as soon as possible,