

Katana Frankfurt e.V.
1.Dôjô für Kendô in Frankfurt a.M.



Training schedule in Corona times

1. Until further notice, the training times have changed as follows:

Tue, 6:00 p.m. - 7:00 p.m. Children training **(with and without armour)**

Tue, 7:15 p.m. - 7:45 p.m. Kata training

Tue, 8:00 p.m. - 9:30 p.m. Adult training **(with and without armour)**

Thur, 6:00 p.m. - 7:00 p.m. Children training incl. trial practice **(with and without armour)**

Thur, 7:20 p.m. - 8:20 p.m. Trial practice for adults

Thur, 8:40 p.m. - 9:40 p.m. Adult group **(with and without armour)**

Admission to the training hall for the training is 15 min before the start.

2. Whoever is ill or just feels ill should stay at home!

3. Only vaccinated, recovered and tested persons have access to the sports grounds. The rule does not apply to children under 6 years of age and pupils. Permitted evidence for testing is either a PCR test (not older than 48 hours) or antigen test (not older than 24 hours). Self-testing is not sufficient.

4. Number of participants in the training will be limited to 25 people. Katana members have priority, external members can join if there are enough free places.

5. One must register for the training through the Katana website.

6. The changing room and showers may be used. A maximum of 5 people may be in the changing room at the same time (masks are also required here) and a maximum of 3 people in the shower at the same time.

7. These new hygiene and behavioural rules must be observed at all times during the training sessions (see <https://www.katana-ffm.de/wp-content/uploads/2020/04/Trainingsablauf-Hygiene.pdf>).

8. Training with and without armour is now possible (please refer to point 1 above for the training times). The following rules apply:

Training without armour

In practices in which no 1.5 meter distance can be kept (e.g. Kata, Kirikaeshi and etc.) masks are mandatory.

Masks must be worn from entering the school premises to the final position in the sports hall.

Training with armour

Only members with complete armour (i.e. including men) may participate.

It is **mandatory** to integrate so-called “mouth protection masks” made of plastic into the men. These are provided once by the association free of charge and **must be** worn with every armament training. Remember to clean them after every workout.

Masks must be worn from entering the school premises to the final position in the sports hall.