

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 group **(with and without armour; max. 10 people)**
- Tue, 7:20 p.m. - 8:20 p.m. Mixed group **(with and without armour; max. 10 people)**
- Tue, 8:40 p.m. - 9:40 p.m. Adult group **(with armour; max. 10 people)**
- Thur, 6:00 p.m. - 7:00 p.m. Children group **(with and without armour; max. 10 people)**
- Thur, 7:20 p.m. - 8:20 p.m. Mixed group **(with and without armour; max. 10 people)**
- Thur, 8:40 p.m. - 9:40 p.m. Adult group **(with armour; max. 10 people)**

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. There will be a limit to the number of participants who can be accommodated in the training sessions. Only those, who have registered on the website, can participate.

As long as there is a limit to the number of participants allowed, only Katana members will be able to participate in the training sessions.

- 4. No spectators are allowed in the hall during training.

The changing room can be used. However, it is recommended to come directly to the training with Hakama and Keiko Gi. The showers remain closed!

Toilets are exempt from this rule and can be used, but please follow social distancing rules (only one person at a time).

- 5. 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>).

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

Training without armour

The group size is limited to a maximum of 10 people.

When training without armour, only exercises are offered where we can ensure a sufficient distance - 1.5m (e.g. Suburi, footwork and etc.).

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

Training with armour

The group size is limited to a maximum of 10 people.

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

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

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.