

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



Hygiene and conduct rules

We can limit the spread of infectious diseases (such as corona) by observing the following rules:

- Avoid close physical contact, such as shaking hands, hugs, etc.
- Always keep a safe distance from others of at least 1.5 meters
- Wash your hands regularly and thoroughly, especially after visiting the toilet, after blowing your nose, sneezing, or coughing
- Keep your hands away from your face
- Adhere to hygienic cough and sneeze practices (sneeze into a handkerchief or the crook of your arm and turn away from other people)
- Cover-up wounds (with a plaster or bandage)
- Clean the mobile phone and keyboards regularly

Please do not share any equipment with others during training sessions. Don't borrow Tenugui or Shinai, etc. Remember to regularly clean armour also.

The [BZgA](#) provides further information on correct hygiene practices.