**PRELIMINARY ITEMS**

* Our first practice day will be June 3rd. Iaido and Kendo at our regular times.
* We will practice Thursdays- 2½ hours (iaido, kendo) & Sundays- 3½ hours (iaido, kata, kendo)
* Bring your own water bottle, do not drink from fountains.
* Keep your practice clothes in their own space, or wash them after every practice.
* Change at home, as we won’t have access to locker rooms. Bathrooms will only allow one person at a time.
* No guests or spectators will be allowed on campus.
* You must enter through the Hornet Drive entrance.
* Review CDC Guidelines here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* Sign the DFWKIK COVID 19 Waiver
* If attending practice, you must pay dues by June (deadline from Denise)
* You must provide your own sanitation supplies
* We *highly recommend* members get vaccinated

**BEFORE PRACTICE**

* Check in with the sign in sheet, and provide all requested information. You will be able to take your temperature if you need with a thermometer outside the dojo. The check in can be completed at home or Greenhill prior to each practice.

**DURING PRACTICE**

* Wearing **masks** is **mandatory** at all times on campus. You will have to wear a mask during practice. Do not use a tenugui or bandana, or a mask with an exhaust valve. We recommend bringing more than one mask in case it gets too saturated with sweat.
* If you practice with bogu on, a **face shield** will be **required**. You can purchase it from [this link](https://www.e-bogu.com/Mouth-Shield-Mask-for-Kendo-TB-19-Tsuba-Blocker-19-p/hir-pro-tsubablock-tb19.htm), or some will be available for purchase at the dojo.
* Wearing headband (without the men on) will help with sweat absorption if you would like to use one.
* A silicone mouthpiece under the mask will help with breathing. You can get one [here](https://www.amazon.com/Silicone-Protection-Breathing-Smoothly-Reusable/dp/B08HJXDLGV).
* We will have limited tsuba-zeriai and taiatari. In general, avoid situations where you and your practice partner are in close distance with each other.
* Sitting on the ground will be considered optional for the time being. If you feel uncomfortable sitting on the floor, feel free to do ritsurei (standing up rei).

**AFTER PRACTICE**

* Sanitize your hands and feet.
* Sanitize your kendo equipment (especially the mengane, and kote)