## Important COVID-19 Notice from Vancouver West Aikikai

Aikido is a close-contact activity. Vancouver West Aikikai cannot guarantee that you will not become infected with COVID-19 in aikido class. Furthermore, participating in aikido could increase your risk of contracting COVID-19 or other contagious diseases.

Vancouver West Aikikai is not mandating any masking requirements at this time, but we will continue to monitor developments and local health authority guidelines. Participants are welcome to wear mask during classes. Vancouver West Aikikai reserves the right to respond appropriately should public health guidelines change, including the cancellation of classes if deemed necessary. We strongly encourage all participants to get fully vaccinated.

The global pandemic is far from over and there is still considerable risk and uncertainty due to a number of still-evolving factors such as rising infection rates in other parts of the world, new and highly transmissible COVID-19 variants, and the lifting of all or most COVID-19 restrictions by various provincial health authorities in Canada this spring.

In deciding whether or not to attend an aikido class, participants must carefully consider the inherent and potential risks in the context of their own personal social situations, risk-tolerance thresholds and comfort levels, and acknowledge and respect that these may vary considerably among other participants.

By attending a Vancouver West Aikido class, adult participants take full personal and legal responsibility for their decision to take part, and forever indemnify and release Vancouver West Aikikai from any and all liability related, but not limited to, injury, illness and infection, including COVID-19.

Stay away if you are sick, have a cough, a cold or other COVID symptoms. Continue good hygiene with hand-washing and/or sanitizing. If you have chosen not to be vaccinated, we ask that you take a rapid test before coming to class.

Whatever each individual decides, let us remain respectful, open-minded and inclusive in our interactions with others both on and off the mat.

The Vancouver West Aikikai Board of Directors