



## COVID-19 SAFETY PLAN

(Version: June 21, 2020)

### Pre-arrival

**Check your health: no fever, no cough, etc. If you feel unwell, stay home.**

Members should perform a BC Health COVID-19 self-assessment before they leave home.

Prepare training bag: full water bottle, sparring gloves (Jrs, Teens, Adults for self-training), indoor shoes (optional).

Make sure your hands, feet and uniform are clean. Any dirty hands/feet must be washed and cleaned immediately. Excessively dirty feet may be refused entry.

Check today is actually your training day.

Use the bathroom before arriving at the dojo to reduce trips to the dojo bathroom during practice.

**Understand that if a member appears ill, they will be sent back home.**

### Arrival

Arrive 5 minutes early. Use parking spots farther away from club entrance to reduce congestion.

Line-up down the walkway 2 metres apart, Samurai & Juniors must line-up with parent/guardian.

Wait for the instructor to check you into the club at the entrance.

Immediately upon entry, apply hand sanitizer.

Lobby is closed except to parents of the youngest Samurai members or special observation.

Find a number in the lobby or hall, change into your indoor shoes, leave your outdoor shoes on your number.

Bow at the mat entrance, then run to your training box with the same number, carrying your bag.

Sit on the floor stretching & quietly chatting with other members, maintaining 2 metres distance.

### Practice

Follow the instructors, train hard, be friendly and enjoy your karate lesson!

Try to stay in your training box. No contact-based partner drills except between family members.

No sharing equipment. Sanitize any club equipment if used.

### Leaving

Wait for the instructor to dismiss members one at a time.

If you wish to talk to the instructor outside of class time, you must reserve a check-in time with him or her using the online app.

Bow off the matted floor, walk to your outdoor shoes, change shoes, apply hand sanitizer at the entrance door as you leave the club.

Go home and study your karate on the MyStudio app!