



COVID-19 SAFETY PLAN (Version: August 12, 2020)

Before you leave home/school/work:

Check your health: If you have any fever, cough, sore throat symptoms etc, stay home.

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

Members should perform the BC Health COVID-19 self-assessment before leaving home/school/work.

The changing rooms are closed, therefore try to change **in your uniform before you arrive (home/car, etc)**

Arrive with all equipment in your training bag: full water bottle, sparring gloves (Jrs, Teens, Adults for self-training), so your hands are free at check in

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

Members are pre-registered for weekly classes so please check you are attending the correct class.

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

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.

Pre-class, the lobby is closed except to parents of Samurai members or special observation/ trials.

Parents are welcome to return to the lobby after the class has started, standing on designated Physical distancing spots (maximum of 5 parents in the lobby).

The instructor will tell you which number to put your outdoor shoes on.

Bow at the dojo entrance, put your training bag at the side on your number, then run to your training box.

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.

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

If you want to talk with the instructor after class, please check when they are available on the way out.

Go home and study your karate on the MyStudio app!