



COVID-19 SAFETY PLAN (Version: September 24, 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.

Please try to change **in your uniform before you arrive (home/car, etc)**. Changing Rooms are restricted use only.

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

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.

Please check you are attending a class time you have registered for. Members can check their registered classes online using their PerfectMind Account.

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.

Please consider wearing a mask in congested areas: e.g. at the outside line up, lobby, hallway, restrooms, changerooms, gym etc. A mask is not required when training as there is lots of well-ventilated space.

Parents are welcome to return to the lobby after the class has started, standing on designated physical distancing spots (maximum of 6 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 by your number.

Go to a training box and stretch, quietly chatting with other members and maintaining 2 meters.

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 with family members & dojo cohorts.

No sharing equipment. Sanitize any club equipment if used.

Leaving

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

Bow as you exit the dojo, put on shoes, apply hand sanitizer 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 PerfectMind Social Site!