

COVID-19 SAFETY PLAN (Version: January 4, 2021)

Current safety restrictions: December 31, 2020 (ViaSport modified Phase 2):

21yrs & under group classes in-dojo allowed. 22yrs & older individual practice or join group class on Zoom. Adults may book 1-to-1 & 2-to-1 individual training with instructor.

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.

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 EQUIPMENT IN YOUR BAG: Everyone should arrive carrying a training bag containing their full water bottle and sparring gloves, so that hands are free at check in.

Make sure your hands, feet and uniform are clean before you leave home/school.

Arrival

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

Line-up down the walkway 3 metres apart, Samurai must line-up with parent/guardian.

Parents and members must avoid socializing/gathering at drop-off/pick up/during practice.

Wait in line: an instructor will check you into the club at the entrance.

Immediately upon entry, apply hand sanitizer.

At class changeover, the lobby is closed except to parents of Samurai members or special observation/ free trials, who may oversee their child by becoming a 'parent volunteer' for the class.

MASKS: must be worn at all times by everyone, except when training.

The instructor will tell you which number to put your shoes and coat at in the lobby and corridor.

Bow at the dojo entrance, put your training bag by your number, take off your mask and put it inside your bag. Water bottles stay inside the bag. If you need the bathroom you must put your mask back on.

Go to a training box and stretch, quietly chatting with other members and maintaining 3 meters.

Practice

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

Stay in your training box. No close partner drills or cohorts except with family members.

No sharing equipment. Sanitize any club equipment if used.

NO SPECTATORS, BUT ENQUIRIES WELCOME: During class, parents are welcome to talk with staff at the desk, but they must sign a visitors contact list and cannot stay to spectate their child.

Leaving

Wait for the instructor to dismiss members one at a time. Put your mask on and pick up your bag.

Bow and exit the dojo, put on shoes, apply hand sanitizer as you leave the club. Please avoid socializing.

Go home and study your karate on the PerfectMind Social Site!