



BC RESTART STEP 3 (Version: July 1, 2021)

Before you leave home/school/work:

HEALTH: If you have any fever, cough, sore throat symptoms etc, stay home.

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

HYGIENE: We recommend arriving in your uniform. Changing Rooms are one person/family at a time.

HYGIENE: Make sure your hands, feet and uniform are clean before you arrive at the dojo.

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

KARATE BAG: Students should arrive wearing their bag, freeing their hands to sanitize at the door: A karate bag should contain a full water bottle as well as sparring equipment for juniors and up.

Arrival

CAR PARKING: Arrive no more than 5 minutes early. For safety, no drive-by drop-offs. Use parking spots farther away from club entrance to reduce congestion. Please check the car parking map for approved parking areas.

LATE ARRIVALS: Please avoid arriving late to reduce class disruptions. Late arrivals may be told to wait in the lobby.

MASKS: are recommended for everyone who is not fully vaccinated (14 days after your 2nd shot).

WAITING OUTSIDE: Line-up down the walkway. Samurai must wait with a parent/guardian.

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

ENTERING THE CLUB: Immediately upon entry, apply hand sanitizer.

IN THE LOBBY: The instructor will tell you which number to put your shoes and coat at in the corridor.

ENTERING THE DOJO: Bow at the dojo entrance and put your training bag by your number. Water bottles stay inside the bag. Masks can be stored in your bag.

BEFORE CLASS STARTS: Sit in the dojo, quietly chatting to your classmates. Please respect that some members may wish to remain physically distant.

Practice

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

CONTACT: Close contact training is now allowed on the mats but some members may want to stay physically distant.

SPECTATORS ALLOWED: During class up to 10 people may stay to spectate their child in class.

Weekdays: 4:45pm Samurai, **5:10pm No spectators**, 6:20pm Juniors, 7:30pm Teens & Adults

Saturdays: 8:30am Teens & Adults, 9:30 Sports Karate, 10:30 All Juniors, 11:45 Samurai

Leaving

ON THE MATS: Wait for the instructor to dismiss members one at a time.

IN THE LOBBY: Bow and exit the dojo, put on shoes, apply sanitizer as you leave the club. Please keep the lobby and entrance clear.

LEAVING THE CLUB: Samurai members **must** be picked up by a parent or guardian in the dojo.

PARKING LOT: For safety, students must