



BC MODIFIED RESTART STEP 3 (Version: AUGUST 24, 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 changing into your uniform at home. Changing Rooms are one person/family at a time, in accordance with BC health guidelines.

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 wait in the lobby. For permission to enter the class.

MASKS: are REQUIRED for everyone in communal spaces, regardless of vaccination.

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 are not required on the dojo floor and 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.

NO IN-DOJO SPECTATORS ALLOWED, ZOOM SPECTATING: Zoom cameras will be available to spectate the following classes: (WEEKDAYS) 3:30pm Juniors, 4:45pm Samurai, 6:20pm Juniors; (SATURDAYS) 10:30am Juniors, 11:45am 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 at the dojo door.

PARKING LOT: For safety, students must only board stationary cars that are parked in a stall.