



## Varsity Performance Karate COVID-19 Safety Plan (Dec 3, 2020)

### When Leaving Home

Perform a self-check on your general health, and do not come to the dojo if you experience flu-like symptoms. Utilize the BC Health COVID self-assessment tool if any uncertainty exists.

<https://bc.thrive.health/covid19/en>

Have all training equipment ready in one bag: full water bottle, protective gear, etc.

Try and use the washroom before coming to the dojo to minimize visits to the club washrooms.

Please wear your training uniform to class as the change rooms are closed.

Complete the online Daily Wellness form before departure. <https://forms.gle/az5P5NHnTech8WPC9>

### Upon Arrival in the Parking Lot

Complete your online Daily Wellness form if not already done. Scan the QR code at the entrance or use this link. <https://forms.gle/az5P5NHnTech8WPC9>

Wait in your car or at a 3 meter distance from others until the entrance is clear and the instruction motions for your to enter. Put on your mask, and please leave it on until you are at your training spot on the mats.

Apply or allow the instructor to apply the provided hand sanitizer.

The dojo classes are closed to observers unless exceptional circumstances exist.

Proceed downstairs, enter the dojo and remove shoes inside the entrance.

Place all personal belongings in the designated area and proceed to your designated training spot with your water bottle as per the class instructors' directions.

Stretch on the floor until class starts while maintaining a 3-metre distance from your teammates. Please keep your mask on.

### During Practise

Remove your mask

Follow all instructions during the class.

Work hard and have fun while keeping you and your teammates safe.

Don't share equipment and sanitize any club equipment used with the provided sanitizer.

If you must use the washrooms, ask for permission to leave the floor and proceed to the washroom while maintaining a 3-meter distance from all members. Please wear your mask.

Use the provided hand sanitizer before entering and after leaving the washrooms.

### While Leaving

Apply your mask

Wait for the instructor to dismiss the class one line at a time.

Walk to your equipment bag, put away your gear, put on your shoes and leave the dojo carefully through the parkade door, applying hand sanitizer before exiting.



Varsity Performance Karate Daily Attestation Form QR Code



BC Health COVID Self-Assessment Tool

