

# Dojo Social Distancing Rules



## PRE-OPENING PREPAREDNESS

- All our staff will have been tested for Covid-19 the week prior to our dojo opening.
- We have adjusted the class schedule to allow enough time between classes for students to come and go safely, minimizing the number of people inside the dojo. This time will also allow us to sanitize the training areas and equipment after each class.
- We have purchased Government of Canada-approved industrial sanitizing equipment to help us disinfect the training areas between each class.
- We have created a one-way flow for moving around the dojo.
- Social distancing markers have been placed on the dojo floor 2 meters apart.
- Changerooms and the fitness center have been closed for student use.
- Staff have been updated on new policies and procedures for teaching classes while maintaining social distancing.

## COMING AND GOING

We are modifying our schedule to leave enough time between classes for all students to arrive and depart the dojo safely. Help us manage everyone's safety when coming and going by following these rules:

- **Arrive dressed in your uniform.** Change rooms will be closed to all students until further notice. Whenever possible, please refrain from bringing in jackets, hats, etc. These items should be stored in student gym bags. Items left behind at the end of each day will be thrown away.
- Do not enter the dojo more than **10 minutes** before the start of your class.
- **Please wait for your class in the designated area.**
- Parents should drop their children off at the school and refrain from entering the building. Cars are not allowed to sit anywhere that is not a designated parking space. One parent/guardian of preschool- and kindergarten-aged children or children with special needs may accompany their children into the school.
- **Everyone entering the dojo is required to sanitize their hands.**
- Please follow the directional arrows at all times and maintain a one-way flow when entering and leaving the training areas.
- At the end of class students are required to collect their belongings and depart the dojo in a timely manner.

## TRAINING

Instructors will be modifying their class plans to ensure students are staying safe, making progress with their training and having fun. Until it is safe to do so, there will be no partner drills or exercises. All students will be kept at a safe distance from one another. We encourage all students to take note of the following guidelines:

- **All students and parents/guardians will be required to wear a face mask inside the school until further notice.** Please bring your own masks. We will have limited quantities of masks available for purchase. We also have grip-socks for purchase if students wish to wear them.
- Students must line up for class on one of the socially distanced floor markers and use the marker to keep themselves inside their designated training space.
- **Students must follow teacher directions at all times.**
- Students will only be allowed to use their own equipment. Glove, weapons etc. must be brought by the student and may not be left at the dojo. If you have equipment/weapons stored at the dojo, please be sure to take them home with you.
- The Wave Masters, heavy bags and pads held by staff may be utilized in class. **Students will be required to wear their sparring or boxing gloves while using this equipment.** All such equipment will be sanitized after each class.
- Feel free to bring a water bottle. However, all water bottles left behind (no matter how expensive-looking) will be thrown out at the end of each class.

## GUESTS/PARENTS AND OFFICE PROCEDURES

In order to ensure proper social distancing, all guests and parents are asked to observe the following:

- **Please do not enter the school unnecessarily.** While we would love to say hi and catch up, student safety has to be our top priority.
- Children not attending class **must remain within arms reach** of a parent at all times. Ideally, children not attending classes should not enter the building.
- Unfortunately, until we can move forward safely, **the fitness area and equipment will be closed to students, parents and guests.** We will open the fitness area again as soon as we are safely able to do so.
- **If you require any assistance regarding accounts, memberships or need to take care of anything in the office, please call or e-mail us.** If need be, we can book an appointment for you to visit us in person.
- New students looking to enroll should book an appointment by calling the office.
- We will announce policies for attending and viewing belt graduations at a later date.