



Victoria Renshikan Karate

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COVID-19 SAFETY PLAN

MANAGING STUDENTS IN TRAINING AREA

1. Only students registered for a particular day/time slot are allowed to be in the room
 2. To limit the number of students in each class, remote training is offered over the zoom platform.
 3. There will be a maximum number of 14 youth students and a maximum of 17 teen/adult students in the multipurpose room and a maximum of 4 instructors.
 4. There will be a maximum number of 30 students in the Gary Oak gym and a maximum of 4 instructors and 1 assistant instructor.
 5. Floor will be clearly marked where students will stand for the duration of the class. These markers will be at least 3m apart and rows will be spaced 4m apart -where possible- but no less than 3m apart.
 6. An instructor will be waiting outside the training area to direct the students to enter one at a time.
 7. At this time, the instructor will do a verbal confirmation that the student is healthy and well.
 8. Door will be propped open to limit touching of handle.
 9. An instructor will be waiting inside the room to direct the students to their designated spot.
 10. At end of class, students will be directed to exit training area one at a time.
 11. An instructor will be outside the door to direct the students to exit the building.
 12. There will be no waiting area outside the training room. Students must exit the building upon exiting the training area.
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MANAGING HYGENE

1. A sanitizing bottle will be placed inside the training room and students will be encouraged to sanitize prior to moving to their spot.
 2. Disinfectant wipes will be available inside training room.
 3. All instructors will sanitize their hands upon arrival to training area.
 4. All teen/adult students will be encouraged to sanitize hands prior to class.
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EQUIPMENT

1. No equipment will be shared. Each and every student must have their personal set of equipment used for the day.
 2. To minimize movement, each student will have their equipment besides their designed spot.
 3. To minimize movement, each student will have a water bottle besides their designed spot.
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LOCKER ROOM, SHOWER AND WASHROOMS

1. There will be no change room available. Students must arrive at class wearing their uniform.

2. No shower will be available at end of class. Students must leave the building immediately after end of class.
 3. All students will be reminded to use washroom facilities at home -before leaving for class.
 4. In case of emergency (to use washroom), students will be directed to the proper room one at a time.
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MASKS AND GLOVES

1. Instructors will keep a minimum of 3m apart from students.
 2. Masks are mandatory for everyone -in class and in common areas of the building.
 3. Should an instructor need to move closer than 2m towards the student, gloves must be worn.
 4. Gloves and masks will be available inside the room for instructor to use when necessary.
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LIMITING THE DANGER OF TRANSMISSION

1. To reduce the risk of transmission, workouts will be limited to low levels of exertion and extremely low level of movement from designated spots.
 2. No yelling from students is allowed. Where yelling is usually required in the execution of forms, the student will be directed to execute a low-level grunt rather than a kiai (yell).
 3. No student will be allowed in training area if he/she shows any flu-like symptom.
 4. If a student shows any flu-like symptom, he/she will be directed to train from home over the zoom platform.
 5. No spectators/parents/guardians will be allowed in training area. Only students registered for the class will be allowed in the training room.
 6. Although we train in bare feet, appropriate martial arts shoes can be worn in class if wanted.
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OUTBREAK MITIGATION AND RECOVERY REQUIREMENTS

1. Any suspected case(s) of covid-19 like illness among participants and instructors will be reported to the local health authority medical health officer, karate BC and Saanich Commonwealth Place.
 2. If a case or outbreak is confirmed, we will follow the orders of the local Health Authority, will notify Karate BC, Saanich Commonwealth Place and any participants and instructor who attended the session.
 3. Attendance will be done at each and every class -with full name and phone number of attending students and contact name.
 4. We will ensure self-isolation is followed for participants and instructors who have symptoms of Covid-19 for a minimum of 14 days.
 5. Anyone returning to Canada from another Country or from out of Province must self-isolate for the required 14 days prior to attending class.
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FIRST AID

1. In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.