COVID-19 SAFETY PLAN

The Odokan dojo will re-open for classes as of June 1, 2020.

Until further notice the following COVID-19 Safety Plan is in effect:

1.   no one, an Odokan member or any other person, may enter the dojo building at 3465 Kingsway if they are feeling ill or have been in contact with anyone showing COVID-19 symptoms;

2.   to enter the dojo or remain in any common space, everyone must have a mask covering your face;

3.   when using the stairs at the Odokan dojo please yield to members going up the stairs. Only go down the stairs when no one is coming up;

4.   Odokan members participating in a class must at all times wear a mask suitable for vigorous exercise and regular karate training;

5.   upon entering the dojo all persons must disinfect their hands and avoid touching their face;

6.   students are encouraged to come to the dojo already dressed in their karate gi;

7.   upon entering the dojo, all personal articles (other than shoes) must be placed in the shelves, students must enter the dojo training area and maintain appropriate social distancing (2 metres) from all other members;

8.   class participation will be limited to 11 members at any class, plus 2 instructors;

9.   in order to attend a class at the Odokan dojo a student must first pre-register using the online registration form;

10.   any student that does not first pre-register for a class will not be allowed to participate;

11.   all surfaces, door openings and washroom facilities will be wiped and disinfected after every class;

12.   until the COVID-19 pandemic subsides practice at the Odokan dojo will be limited to physical conditioning, basic (kihon) training and kata. No kumite practice or other training without appropriate social distancing will be allowed;

13.   any member or other person who does not comply with the Safety Plan, as described above, will not be permitted to attend the Odokan dojo premises;

This Safety Plan is pursuant to the Order of the Provincial Health Officer, Dr. Bonnie Henry pronounced May 14, 2020.