

## **REVISED COVID-19 SAFETY PLAN**

The Odokan dojo will re-open for classes as of Monday, December 7, 2020 for children or youth classes. Members over age 22 will be allowed to attend the dojo to engage in unsupervised, low intensity activities, provided that they otherwise adhere to this Safety Plan.

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 or remain in the dojo everyone must have a mask covering your face;
3. the stairs to the entrance of the dojo off of Kingsway may only be used to enter the facility. Parents dropping off or picking up their children must come down the stairs, remove their shoes, walk through the dojo and exit by the back door of the dojo. Members participating in classes will also follow these requirements;
4. no one may watch a practice at the dojo. Children must be dropped off and parents must leave by the back door of the dojo;
5. Odokan members participating in a class must at all times wear a mask suitable for vigorous exercise and regular karate training. Only members under 22 are allowed to participate in practices;
6. upon entering the dojo all persons must disinfect their hands and avoid touching their face;
7. students are encouraged to come to the dojo already dressed in their karate gi. In the change rooms, only 2 people will be allowed at any given time to allow for appropriate distancing. If there are already 2 people in a change room, members must wait for 1 person to leave before entering;
8. 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 (3 metres) from all other members. All persons entering the dojo must either participate in a class or leave the premises after dropping off children. Watching or monitoring a class is not permitted;
9. class participation for children or youth classes will be limited to 11 members at any class, plus 2 instructors. Low intensity sessions for members over age 22 will be limited to 8 members, plus 1 supervisor;
10. in order to attend a class at the Odokan dojo a student must first pre-register using the online registration form. All members who attend a class must also leave their contact telephone number and email;
11. any student that does not first pre-register for a class will not be allowed to participate;
12. all surfaces, door openings and washroom facilities will be wiped and/or disinfected after every class;
13. 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;
14. any member or other person who does not comply with the Safety Plan, as described above, will not be permitted on the Odokan dojo premises.

This revised Safety Plan is pursuant to the Orders of the Provincial Health Officer, Dr. Bonnie Henry of the BC Centre for Disease Control.