

SEPTEMBER 2020 CLASS PROTOCOLS

Welcome back to training in person at the Holy Angels Parish Hall with the Etobicoke Dojo. We have implemented some new protocols to keep everyone safe and healthy.

Please read all the way to the end, sign the consent form, and return this document through email or in person.

ENTERING

We will set up an entrance at the NORTH side of the Hall. Look for the green canopy and sign marked ENTER. Please follow the red lines to keep distance as you wait to be admitted.

We will go through the COVID Screening daily.

At home, before each training session, please complete the self pre-screening. If you have answered YES to any of the questions, you must NOT come in for your class. We ask that you call the Dojo and let us know. 416-234-8122

SELF PRESCREENING

<https://covid-19.ontario.ca/self-assessment/>

As you enter the Hall you must be already dressed in your uniform. We will give you ONE face shield to keep. Please bring it to every class. You are welcome to bring in your own mask. Everyone will wear a face covering inside the Hall.

As you enter you may use hand sanitizer or wash your hands with soap at the wash stations.

Parents will not be allowed to wait inside the Hall in the foyer.

CLASSES

We will continue with a curriculum similar to what we did online this spring. Individual basics, kata, and sparring combinations. There will be no partner work.

We will mark the floor and walls for visual cues for keeping proper distancing. Shihan spent quite some time last year trying to get the kids to maintain straight lines and keep equal distancing while practicing. Now we can demarcate the floor and walls to reinforce this distancing.

EXITING

The students will exit from the Hall vestibule. Look for the sign marked EXIT. Please DO NOT park or stop your car in the area in front of the glass doors and windows. This area is marked No Parking on the pavement. Parents please stay outside. We will have someone call the kids to come out as they see you outside waiting.

It will take a few weeks for everyone to become accustomed to a new routine however we are fortunate that the hall has plenty of space for the students to spread out. Let's take the time to ensure that all the students are safe and remain healthy.

Feel free to call or email the Dojo during class times. Josephine will be on hand to ease communication.

416-234-8122

EtobicokeDojo@gmail.com

I have read and acknowledge the September 2020 Class Protocols. initials _____

I understand and am aware that physical activities including strength, flexibility, and aerobic exercise, and instructional classes, including the use of equipment, are potentially hazardous activities. I also understand that fitness activities involve a risk of injury, and heart attack, and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury.

I release, waive, discharge, and hold harmless the Etobicoke Dojo, its agents and employees from any losses for bodily injury, or damages resulting from my participation in any activities inside the Etobicoke Dojo or outside in relation to the Etobicoke Dojo.

We thank you for your continued trust in our Dojo. As with the transmission of any communicable disease like a cold or the flu, you may be exposed to COVID-19 also known as "Coronavirus", at any time or in any place. Please be assured that we have always followed proper disinfection protocols to limit transmission of all diseases in our Dojo and continue to do so.

Despite our careful attention to disinfection, and use of personal barriers, there is still a chance that you could be exposed to an illness in our Dojo, just as you might be at your local gym, grocery store or favourite restaurant. "Social Distancing" has reduced the transmission of the Coronavirus. Although we have taken measures to provide distancing within our Dojo, due to the nature of our practice, it is not always possible to maintain social distancing between the student, Shihan, and sometimes other students at all times.

Although exposure is unlikely, do you accept the risk and consent to training? Yes / No

Student Name _____

Guardian Name (if under 18 years) _____

Signature _____

Date _____

