

CAPICIO ZEN KARATE AND KICKBOXING INC.

SAFETY PORTOCOLS

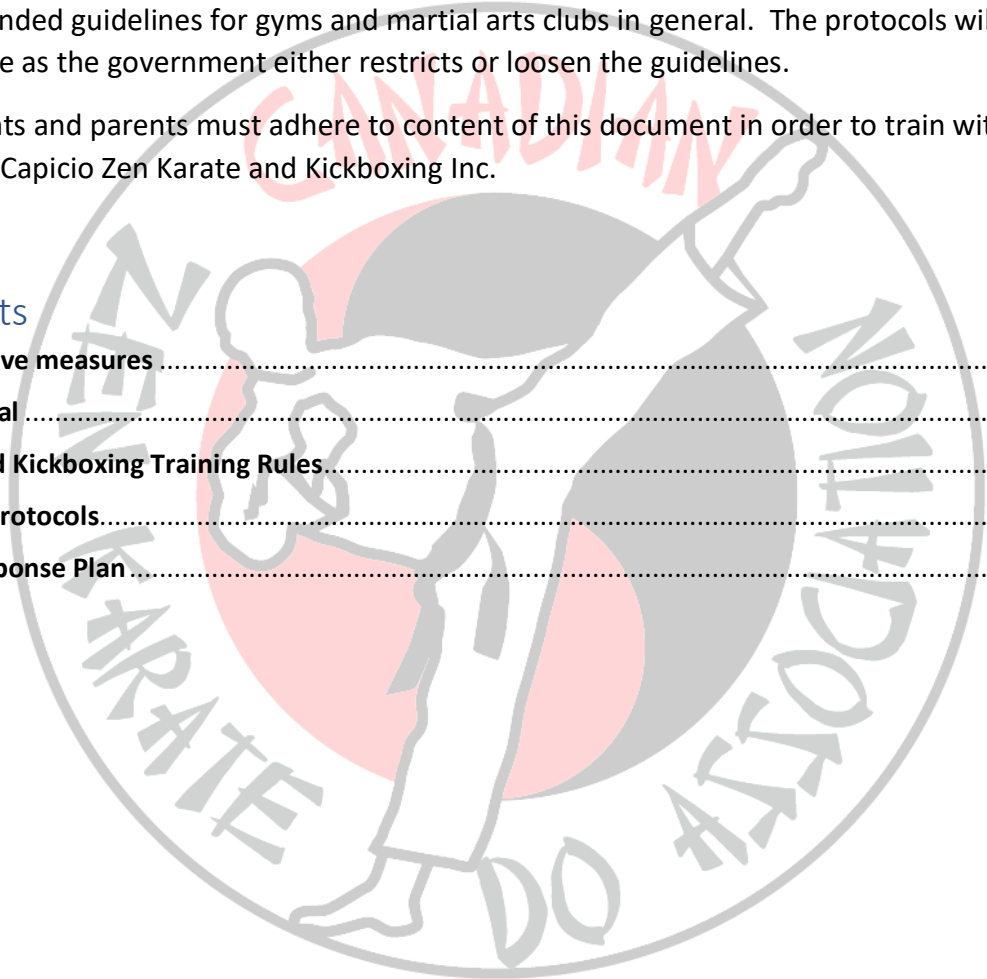
Alberta Re-launch 2 as of June 12, 2020

The following protocols were developed to be in compliance with the Alberta Governments recommended guidelines for gyms and martial arts clubs in general. The protocols will change and evolve as the government either restricts or loosen the guidelines.

All students and parents must adhere to content of this document in order to train within the facility of Capicio Zen Karate and Kickboxing Inc.

Contents

Preventative measures	2
Operational	2
Karate and Kickboxing Training Rules	2
Cleaning Protocols	3
Rapid Response Plan	3



Preventative measures

- Anyone who has travelled internationally within the last 14 days will not be permitted in the dojo.
- Anyone exhibiting fever, cough, sore throat, runny nose, or difficulty breathing will be attended by staff, and isolated as required. (See Rapid Response Plan)
- All students must review and sign the health checklist before every class. For anyone answering 'Yes', they will not be permitted to attend training. A hard copy is available at the front door.
- 1 family member per student will be permitted, with limited availability as reduced seating will be in place. If all seating is full, we kindly ask that you please wait in your vehicle.
- Students will be allowed to enter the dojo only 10 minutes before class.
- Come dressed in your training uniform, as changing rooms will be closed.
- Bathroom is available but please ensure you wash your hands.
- Back garage and front door will be open if weather permits to allow more air flow.
- As you sweat, do not wipe eyes/mouth/noes directly with your hands. Bring a towel if required.
- Hand Sanitizer will be readily available at the front desk.
- Bring your own water bottle, the large water tank will no longer be available.
- Limit high fives, handshakes, fist pumps, and elbow bumps.

Operational

- **Reservation is required for Orange-Green, Blue-Brown, and Kickboxing** classes with a maximum of 9 students. A second COHORT group have been created in case of overflow.
- Before each class, each student/parent will need to fill out a self-assessment form.
- Training area will be limited to only students and instructors. Instructors and staff will be required to wear masks, but students will NOT. Any parents in the gallery are not required to wear masks.
- Each student must find a designated area on the mat, marked with an 'X', which provides them in a safe training area of 3m from other students.
- Students will be asked to leave immediately after class.
- Weather permitting - some classes will be done outside to minimize risk.

Karate and Kickboxing Training Rules

Permitted

- Individual cardio, strength, and flexibility exercises
- Use of cardio equipment such as hurdles, cones, ladders, battle ropes
- Traditional techniques, kata, fighting and kicking drills
- Break falls and rolling techniques
- Heavy bag striking
- Body shield and arm shield striking will be allowed but will only held by Instructors

NOT Permitted - Possibly allowed through Cohorts

- Sparring - including continuous and point-fighting.
- Self-Defense

Cleaning Protocols

- Cleaning time between every class will be 30 minutes.
- After each class the mats must be mopped, punching bags wiped down, and all striking pads cleaned.
- Clean all commonly touched training equipment such as pilons, ladders, hurdles, battle ropes if they are used.
- Clean all commonly touched surfaces such as counter tops, chairs in the gallery area, handles, tables and switches must be wiped down.
- Mop entrance area.
- Ensure everything is dry before training.
- Students and Instructors to use hand sanitizer upon entering and leaving dojo
- Students to clean all sparring equipment immediately after training.
- Dispose of all cleaning material immediately.

Rapid Response Plan

- Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home (e.g., no public transit).
- Consideration of suspension or temporary cancellation of the event.
- Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant.
- Performance of hand hygiene by remaining participants.

