

Classical Martial Arts Centre Renge Dojo

SAFETY PROCEDURES FOR PREVENTION OF COVID-19

Preparing to come to Class:

1. All members must confirm their schedule via Email. (cmactoronto@gmail.com)
2. At this point we are only reopening for the Adults, so there will be roughly 1/3 of the students coming to the Dojo, compared to usual.
3. Due to the Social distancing requirements we can only have 18 students in the Dojo at a time, (Including the newly expanded warmup area).
4. All classes (only 2 per evening), have been scheduled 15 min apart.
5. All students must come to class in their uniform as all change-rooms are currently off-limits.
6. If you are uncomfortable coming to the Dojo at this point, our ZOOM feature will remain available.
7. All students must wear a mask before entering the Dojo And while not actively engaged in class.
8. Students must bring a bag in which to place their shoes, jacket etc.
9. **If you are unwell or display any symptoms,**

Please DO NOT COME...

STAY HOME and use the Zoom feature instead

Upon Arrival:

1. Please arrive about 5 -10 mins early
2. A signal system has been put into place. We ask that you remain outside maintaining your social distancing and wearing your mask, when the **red 'PLEASE WAIT'** sign is displayed in the window. When it is changed to the **green 'COME IN'** sign, please come in.

Entering to the Dojo:

1. Once the Instructors are ready to let you in, the main door and the interior doors will be propped open. Students will have 5 minutes to undergo the following:

2. Students will enter one at a time as directed by the Instructors
3. Each student will be required to sanitize their hands and have their temperature taken with an infrared thermometer at the door before being invited into the Dojo.
4. If a student is shown to have an above normal temperature, they will be asked to return home.
5. Masks must be worn in the entrance warm up and restrooms, unless medically unable to wear one. (Asthma, etc.)

During class:

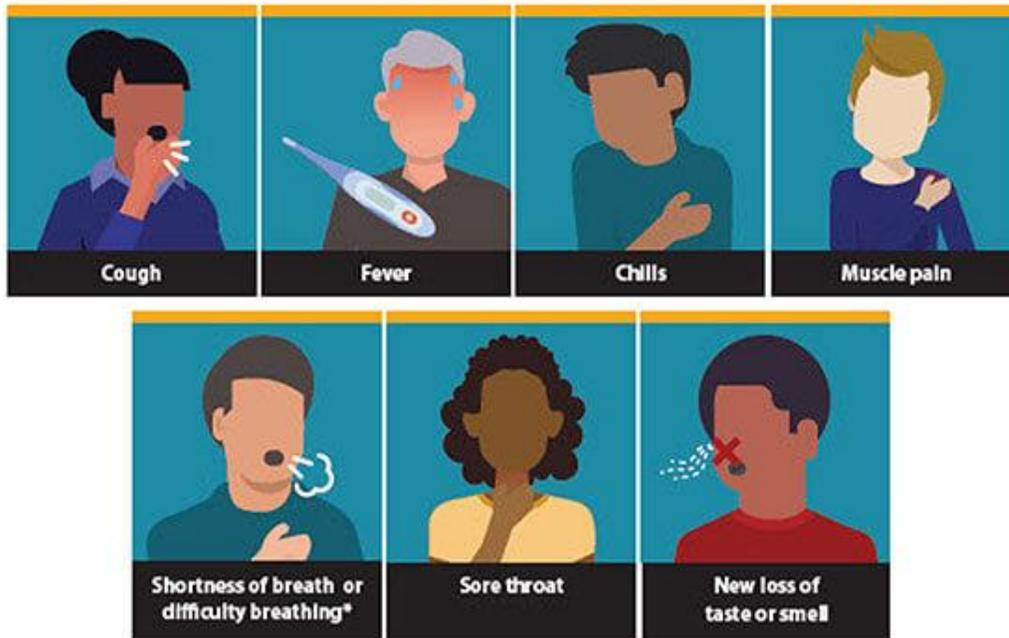
1. After being admitted to the Dojo floor, students will be directed to one of the physically distanced training zones, and place their bag in a spot along the wall that is easily accessible to that zone.
2. To prevent hyperventilation and dehydration, during portions of vigorous exercise, the mask may be removed if the student finds that it inhibits proper breathing, as long as the student stays in their marked zone. Masks can still be worn during less intense portions of the class.
3. Physical distancing will be strictly controlled during all aspects of the class.
4. We have taped the Dojo floors to create (6ftx6ft / 2m x2m) zones.
5. Small shared targets, kicking shields and the Heavy bag, will not be used until further notice.
6. If a student requires the washroom, Every student will be required to wash their hands thoroughly after a visit to the facilities and before they return directly to their designated zone.

Leaving the Dojo:

1. At the end of class, students will be given 5 minutes to leave the Dojo. (Please do this efficiently so that we can clean the Dojo for the next class).
2. Students will first put on their masks, collect their bags, then be dismissed one at a time as they bow out the door
3. Students will then exit the same door as they came in.

Symptoms of COVID-19

**Know the symptoms of COVID-19,
which can include the following:**



**Symptoms can range from mild to severe illness, and appear
2-14 days after you are exposed to the virus that causes COVID-19**

***Seek medical care immediately if someone has
emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Ontario 
MINISTRY OF HEALTH

If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)



Help us  the Spread!

COVID-19 Screening Questions

1. Do you have any of the following symptoms:

- A new or developing cough? Yes No
- Shortness of breath? Yes No
- Sore throat or difficulty swallowing Yes No
- Runny nose, sneezing, or nasal congestion? Yes No
- Nausea or upset stomach? Yes No
- Are you feeling unusually tired? Yes No
- And aches, pains or chills? Yes No

2. Have you travelled outside of Canada, or had close contact with anyone who has in the past 14 days? Yes No

3. Do you have a fever? Yes No

4. Have you had contact with anyone with a respiratory illness or a Probable case of COVID-19? Yes No

- If answer is **NO** to all questions from 1 to 4, and they show normal temperature, **THEY CAN BE ADMITTED.**
- If answer is **YES** to any question from 1 to 4, they **CAN'T BE ADMITTED.**
- **In the event that a member is to be denied access, please direct them to the designated holding area until all other members have entered class, then contact the parent or a relative immediately to collect the member.**