



CLUB SAFETY PLAN (Version: June 22, 2023)

Before you leave home/school/work:

HEALTH: If you have any cold or flu-like symptoms, stay home. If any student appears ill, on arrival or in class, they will be sent back home. Refer to the BC self-assessment tool for more details.

PREPARATION: Arrive in your uniform, where possible. Change rooms are one person/family at a time.

HYGIENE: Use the bathroom before arriving at the club to reduce the need during practice. Make sure your hands, feet and uniform are clean.

KARATE BAG: Students should arrive wearing their bag, freeing their hands to sanitize at the door: A karate bag should contain a full water bottle as well as sparring equipment for juniors and up.

Arrival

CAR PARKING: Arrive no more than 5 minutes early (10 minutes early if you need to change at the club). For safety, cars must be parked before students get out. Use parking spots farther away from club entrance to reduce congestion (see parking map for spaces). **PLEASE DO NOT BLOCK THE TURNAROUND AREA.**

WAITING OUTSIDE: Line-up down the walkway. Samurai students please wait with a parent/guardian.

ENTERING THE CLUB: If waiting outside before being allowed in, an instructor will check you into the club. Find a number to put your shoes and coat at in the corridor.

SPECTATORS: Spectators welcome in the lobby viewing area. Please be aware of the amount of other spectators to avoid overcrowding.

PARENTAL CONTACT: Non-spectating parents should be available by mobile phone if an instructor needs to call during a class.

LATE ARRIVALS: Please avoid arriving late to reduce class disruptions.

PRE-CLASS CHECKLIST: Before you start class, double check:

- You do not need the bathroom (go before class if you need to);
- Your uniform and belt is tied correctly;
- Any t-shirts worn under the uniform jacket is tucked into the pants;
- All watches, earrings, jewelry etc. are taken off;
- You have filled your water bottle and it is closed tight in your training bag.

ENTERING THE DOJO: Bow at the dojo entrance and put your training bag by your number. Water bottles stay inside the bag. Sit in the dojo, quietly chatting to your classmates.

Practice

WHEN TRAINING: Follow the instructors, train hard, be friendly and enjoy your karate lesson!

BATHROOM BREAKS: All students must put on footwear when leaving the dojo floor, especially going to the bathroom. Students are expected to wash hands thoroughly and leave the bathroom in a clean condition.

Leaving

FINISHING CLASS: All Juniors, Teens & Adults classes may be dismissed 5 minutes early to allow students more time & space to leave, plus provide instructors longer time to clear the dojo between classes.

IN THE LOBBY: Bow and exit the dojo, put on shoes, apply sanitizer as you leave.

LEAVING THE CLUB: Samurai members **must** be picked up by a parent or guardian at the club door.

PARKING LOT: For safety, students must only board stationary cars that are parked in a stall.