



POLICIES FOR OPENING MARTIAL ARTS/KICKBOXING CLUBS

DRAFT – VERNON 7

1. The club and individual members must be current 2020 registered members of WAKO Canada.
2. The facility must have adequate ventilation appropriate to HVAC fitness building standards. It is advised to have as much outdoor fresh air flow as possible.
3. The club must have an Emergency Action Plan (EAP) protocols that meet industry standards.
4. A maximum of 50 persons are permitted within each room of the facility.
5. All individuals who enter or use the facility must maintain a physical distance of at least two meters from any other person in any part of the facility.
6. All Staff (volunteers or paid) must be trained in these new safety and screening policies outlined in Appendix A and B.
7. All Member Club must maintain a system to track the entry/exit of all individuals (participants spectators, and parents/guardians) within the facility.
8. All individual who enter or use the facility must be screened by a staff (Appendix A).
9. Spectators and parent/guardian are permitted within the facility but their entry/exit must be tracked by the owner (for contact-tracing purposes); they must be screened and hands sanitized; they must wear face masks and maintain the social distance of 2M from anyone within the facility.
10. Change rooms and showers are permitted to be open, but must be frequently cleaned and sanitized. Particular attention should be made to door handles and other areas frequently touched.
11. Individual training must ensure persons are always 2M apart. No physical contact is permissible.
12. Partner training in which individuals are less than 2M apart is only permitted for those that within a persons social circle. Documentation of Social Circles must be provided to the club in advance of any partner training. WAKO Canada documentation is recommended.
13. There will be no physical contact between participants and coaches.
14. Club equipment used (eg. Heavy bags) must be thoroughly sanitized before used by another person.
15. There will be no sharing of personal items (eg. gloves, water bottles, skipping ropes)



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16. Personal items are permitted in the building (eg. Gym bags) but only handled by that person.
17. Facemasks or Face-shields must be worn by individuals* when they enter and exit the location as mandated by Municipal Bylaws.
18. Facemasks or Face-shields should not be worn by those exercising or coaching/instructing.
19. All training must be conducted in prescribed practice times with coaches present to ensure physical distance is maintained during the practice times.
21. At the conclusion of every prescribed practice time all floor/surface areas and all equipment will be sanitized with solution/materials approved by the office of Public Health.
22. All Member Clubs must notify the PSO, their Department of Public Health, and all members of their club if a member, or someone that was in contact with persons who have contracted COVID19. The Facility must immediately close, sanitized and remain closed until further direction from the Municipalities Department of Public Health.

* The following are considered Exemptions for wearing a Facemask from the Province of Ontario:

- children under the age of two
- anyone who has trouble breathing
- anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance





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DRAFT – VERSION 7

Appendix A - Screening Procedure

All individuals that enter the facility must be screened at the entrance and only allowed into the facility if they answer NO to the questions below. The screening must be done privately and information is considered confidential.

- 1. Are you currently experiencing any of these issues:**
Difficulty Breathing – Chest Pain – Feeling Confused – Losing Consciousness
- 2. Are you currently experiencing any of these issues:**
Shortness of breath – Sore Throat – Runny Nose – Congestion – Loss of smell – Pink Eye – Headache – Digestive Issues – Muscle Aches – Tiredness- Lack of appetite
- 3. Are you part of a High- Risk Group:**
65+ - Pregnant – Getting treatment that weakens your immune system – chronic health condition – Regularly going to hospital/clinic for treatment
- 4. In the past 14 days have you had physical contact with someone who tested positive for COVID-19?**
- 5. In the past 14 days, have you been in close physical contact with someone who either:**
Is sick with a new cough/fever/difficulty breathing – returning from outside of Canada
- 6. Have you travelled outside of Canada in the last 14 days?**

Appendix B – Training Procedures

- 1. All participants must have sanitized themselves upon entering the facility**
- 2. All participants must train during prescribed practice times**
- 3. All participants must always be 2 meters apart (except those within documented Social Circles)**
- 4. No physical contact is allowed between any participants and between coaches and participants**
- 5. All club equipment (eg. Heavy bags) must be thoroughly sanitized before used by another person**
- 6. No sharing of water bottles or any personal equipment amongst participants and coaches**
- 7. Only parents/guardians of minors are allowed in the facility during practice times**
- 9. After each practice time all surface areas (floor, handles, doors, etc). must be sanitized**



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