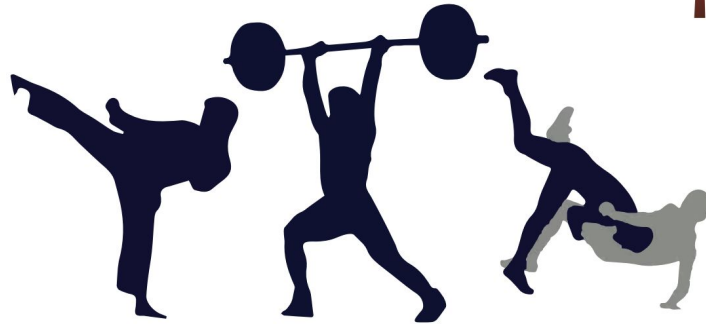


# Tri-City Training

Building a Lifestyle 



## **STRATEGIES FOR REDUCING RISK OF COVID-19 SPREAD DURING REOPENING OF TRI-CITY TRAINING**

**June 2020**

*The strategies provided by Tri-City Training follow the advice and recommendations from the World Health Organization (WHO) and Health Canada. The guidelines set by Tri-City Training do not supersede or replace any requirements or recommendation from government health authorities. As our knowledge of the virus is rapidly changing, this document may be updated to ensure that the information provided respects current medical advice. Please contact us regarding the most current safety practices.*

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## Tri-City Training:

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### Summer Training Options:

1. LIVE Zoom Classes
2. Outdoor (limited numbers) “conditioning” class - provincial government guidelines in place
3. Private, individual training - provincial government guidelines in place

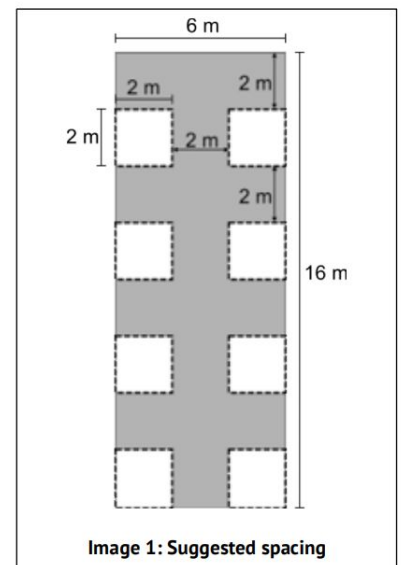
## **STRATEGIES FOR REDUCING RISK OF COVID-19 SPREAD DURING REOPENING OF TRI-CITY TRAINING**

**PHASE 1 – Approval from provincial government to re-open; physical distancing in place; group gathering reduced; no physical contact.**

### 1. Physical distancing requirements

All participants, coaches and staff will keep a physical distance of 2m apart at all times. Physical contact of any kind is not permitted. Athletes will need a minimum 2m x 2m exclusive training area. Each individual training area will be separated by an additional 2m to allow a safe distance for instructors to walk between training areas if required, and to facilitate distance being maintained between athletes (see image 1). At times, training areas may be identified using tape or cones to provide a visual border. It is imperative that attendees of different classes do not breach the physical distancing requirements and limits on gathering restrictions. Class schedules will include a defined 15min arrival period and defined 15 min departure period following each class. All participants will exit the facility immediately after their class and participants scheduled for a 6:30 class may arrive no earlier than 6:25 pm. This time between classes also allows for the sanitization of the facility.

Athletes will use one-way direction “Entrance” to enter the training building (when applicable) and “Exit” through designated doors for one-way exit.



**There will be no waiting room available. Parents are asked to remain with their vehicles (or can leave the premises), and should not enter the building or sit near outdoor classes. There will be instructors**

**available for Parking Lot Safety and to help direct students appropriately. Ideally, parents should drop off and pick up their children without remaining on the property or exiting their vehicles in the interim.**

Attendance will be taken consistently, for tracking and tracing purposes. As only a limited number of students can attend any class, no-shows end up needlessly using up our limited space, and possibly depriving other students of a chance to attend class. If you register, please make every effort to attend. If you cannot attend a class you have registered for, due to illness or other unavoidable circumstance, please notify the instructors or Tri-City Training as soon as you become aware that you cannot attend.

## **2. Sanitation requirements**

Proper sanitation of all areas within the facility will take place after each class and after each use. All equipment used will be disinfected after each individual use. All high contact surfaces, such as doorknobs, counters and benches will be wiped before the start of every class. Gym mats and washrooms will be sanitized after each use. Designated sanitization team members will carry out proper procedures for sanitization.

## **3. Personal hygiene requirements**

Everyone who visits the club / dojo must be aware of personal hygiene requirements. Club / dojo members should perform a COVID-19 self-assessment questionnaire before taking place in any program. A link to the local self-assessment questionnaire is available on this document and will be available on our website. Those who may have been exposed to COVID-19 should seek further medical attention instead of attending the club / dojo. If anyone feels ill at any point during the session, they must take the extra precaution of removing themselves from class promptly, and will notify the instructor of the reason for their leaving, so that the Instructor can take appropriate steps.

Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but will still be reinforced in the club / dojo. Hand sanitizer will be available upon entry into the club / dojo as well as within the training areas. Hand washing sinks will be readily available. Athletes should arrive already in uniform. Changerooms will be unavailable. Athletes should bring their own water bottle, which will be stored in their own exclusive training area. Members are encouraged to bring their own personal yoga mat for times when hand contact on the mat can not effectively be avoided. Members are responsible for the daily sanitation of their personal mat. Tri-City Training instructors or staff may choose to wear a mask to limit exposure to the members. Members should not wear masks during training. A mask is not a replacement for physical distancing.

## **4. Public gathering requirements**

Physical distancing requirements will be in place. All classes will be drop-off and pick-up only in order to comply with the public gathering ratios. See Section 1 above for more details.

## Guidelines for Outdoor Classes

- ALL classes will have limited numbers (fewer than 5); & different locations to accommodate distancing
- You MUST continue to register for ALL classes you plan to attend each week

(This will help us ensure we have spaces and instructors available to accommodate physical distance protocols)

- An outdoor class will switch to a Zoom class in the event of inclement weather. We will make this decision and communicate it via email by 11am the day of the outdoor class
- NO GI for Summer Training - just wear belt
- One entrance; different exit (Signage will be posted)
- All other protocols set in protocol document will apply

## **PHASE 2 – Gathering numbers increase indoor spaces, physical distancing of keeping 2m apart remains, no physical contact.**

### 1. Physical distancing requirements

All participants, coaches and staff must continue to keep a physical distance of 2m apart at all times. Physical contact of any kind is not permitted. Exclusive training areas are no longer required to maintain physical distancing as long as the instructor has the space to arrange members within the facility in a way that ensures each participant is always 2m away from any other participant at any given time.

If the instructor chooses to no longer use the exclusive training areas, they may only use drills and exercises where all members are moving in the same direction at the same time to ensure that there is no compromise of physical distancing. Directional markers and separate entrances/exits where applicable should still be maintained. It is still imperative that attendees of different classes do not breach the physical distancing requirements and limits on gathering restrictions, and it is also the attendees' responsibility to comply with class instructions and to move in a manner designed to maintain the physical distancing requirements. Schedules must continue to include a defined 15min arrival period and defined 15 min departure period following class.

### 2. Sanitation requirements

Proper sanitation of all areas within the facility will continue. All equipment used will be disinfected after each individual use. All high contact surfaces, such as doorknobs, counters and benches, as well as surfaces in the

parent waiting area, will be wiped before the start of every class. Gym mats and washrooms will be sanitized daily, and after each session (class).

### **3. Personal hygiene requirements**

Everyone who visits the club / dojo is responsible for practicing good personal hygiene and complying with recommended public health requirements designed to minimize viral spread. Club / dojo members should continue to perform a COVID-19 self-assessment questionnaire before they leave their home. To assist in compliance, the link to the local self-assessment questionnaire will be posted on our website. Those who may have been exposed to COVID-19 should seek further medical attention instead of returning to the club / dojo. Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but should still be reinforced in the club / dojo. Hand sanitizer will be available upon entry into the club / dojo as well as within the training areas. Hand washing sinks will be readily available. Club / dojo members may use changerooms once Phase 2 is declared. Athletes should continue to bring their own water bottle. The use of a personal yoga mat or non-slip socks will also be acceptable.

### **4. Public gathering requirements**

Phase 2 is when gathering numbers have been increased by our province to groups of over 50 for indoor spaces. Class size will still be limited by physical distancing numbers. We will continue to keep good daily records and attendance of all persons who enter the club / dojo, with a focus on full names and times of entry.

**PHASE 3 –** The document will be updated as the province proceeds to new phases, based on the guidance of Government of Ontario, Health Canada, Karate Canada, OAWA, and Canadian Naha Te Goju Karate

**PHASE 4 –** The document will be updated as the province proceeds to new phases, based on the guidance of Government of Ontario, Health Canada, Karate Canada, OAWA, and Canadian Naha Te Goju Karate

## REFERENCES

World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Health Canada:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid19.html>

Karate Canada:

[www.karatecanada.org](http://www.karatecanada.org)

**COVID-19 Self Assessment Questionnaire:**

<https://ca.thrive.health/covid19/en>