

Tri-City Training Summer



Outdoor Fitness SCHEDULE 2020

PLEASE SEE IMPORTANT COVID-19 PROTOCOLS FOR ALL PROGRAMMING

**REGISTRATION REQUIRED FOR EACH CLASS
(Outdoor classes limited numbers and all current regulations)**

TUESDAYS		THURSDAYS	
4:15 - 4:45	FUNDamentals (Ages 4 - 6)	4:15 - 4:45	(ZOOM) Martial Arts (All Ages)
5:00 - 5:45	Conditioning for Youth Karate (Ages 7-12)	5:00 - 5:45	Conditioning for Youth Karate (Ages 7-12)
6:00 - 6:45	Conditioning for Wrestling (All Ages)	6:00 - 6:45	Conditioning for Wrestling (All Ages)
7:00 - 8:00	Conditioning for Martial Arts (Teen/Adults)	7:00 - 8:00	Conditioning for Martial Arts (Teen/Adults)

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.

www.TriCityTraining.ca

SUMMER TRAINING

Please be advised: ALL Programming will adhere to Government & Health Canada Covid-19 Regulations. This document will be updated periodically to reflect any necessary changes. Please see Tri-City Training Covid-19 Training Protocol Document for complete policy overview.

REGISTRATION FOR CLASSES WILL OCCUR EACH WEEK

- Zoom Classes
- Outdoor, limited -person-max-capacity live classes (based on Government Protocols)
- Private Training

ZOOM CLASSES

- Please continue to register each week
- These classes will be available to all ages

LIVE 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
 - Training space will adhere to physical distancing protocols (2 meter distance); no contact (see protocol doc)
 - NO WAITING ROOM: parents can stay in vehicles or leave property
 - BE PROMPT - Drop off 5 min before; Please don't be late for pick up
 - NO GI for Summer Training - just wear belt
 - One entrance; different exit (Signage will be posted)
 - Hand sanitization will be available for before and after class
 - Changerooms are unavailable.
 - Sanitation team will clean the facility and all equipment after each use
 - The facilities will be cleaned regularly. Please help us by minimizing use of the bathroom.
 - Sanitation team will clean the facility and all equipment after each use
 - Please let us know if you'd like help ordering your own equipment if desired
 - If you are ill, please do not attend. If you feel ill at any point during the session, please take extra precaution and remove yourself from class promptly
 - No-shows end up using up our limited space. As a result, attendance will be taken consistently. If you register, please make every effort to attend.
 - The requirements set forth in Tri-City Training's document "STRATEGIES FOR REDUCING RISK OF COVID-19 SPREAD DURING REOPENING OF TRI-CITY TRAINING" will apply to all classes.

PRIVATE TRAINING

- Sessions can be booked through Sensei Tom and/or Sensei Amanda

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