

Bernardo Karate Covid-19 Safety Guidelines

The following guidelines are in effect for all Bernardo Karate locations. These safety guidelines were developed to follow the Government and Middlesex-London Health Unit recommendations to allow recognized provincial karate schools to re-open in Ontario. We know our members value the importance of having a strong mind and healthy body. Please follow the guidelines listed below so we can all stay healthy and strong together.

Who may not enter the Facility

- If you feel ill, have a fever or cough
- If you have had contact with a person who has tested positive for Covid-19 in the past 14 days.
- If you have had close physical contact with a person who is either; sick with a new cough or fever in the past 14 days.
- You have travelled outside of Canada in the past 14 days.
- No spectators allow. One parent for each child under 18 years is allowed. All parents must follow facility safety guidelines listed below.

Training and Classes

- Class sizes have been reduced for safe social distancing. Spaces on the dojo floor are marked for students to stand and train. Students can also train at home with our online Zoom platform.
- Class schedules are adapted to limit class sizes based on current safety recommendations.
- Class schedules allow for enough time between classes where the training area can be properly sanitized.
- All change rooms and showers are closed.
- Only washrooms available. They will be sanitized during the break between classes.
- All training is individual. No partner drills or “hands on drills” will be done in class.
- No kumite or self defence will be allowed.
- No physical contact between participants or coaches and participants.
- No training outside of designated class times. No socializing between classes.

Safety Guidelines

- Everyone who enters the facility will be screened by a staff member.
- A non-touch thermometer will test each student, visitor and staff member as they enter.
- We ask parents (if possible) to drop off their children for class and avoid crowding our waiting area. If you enter the facility we ask that all parents wear a mask in the lobby (for our Little Dragons and younger students we ask that just one parent accompanies the child)
- All students must wear a mask as they enter and go through the lobby. Masks can then be placed inside the uniform top for classes. If a student wishes to wear the mask during class they can.
- Students have the option of wearing socks in class (socks with grips recommended in this case.)
- We ask that all individuals entering and leaving the facility use the hand sanitizer provided.
- We ask all students to come in their karate uniform. No gym bags permitted. The change rooms will be closed until further notice. Washrooms will be open.
- The water fountain will be closed. We recommend all students bring a water bottle.
- **Please arrive 5 minutes before class, no sooner, as we have to make sure the previous class is dismissed.**

Cardio Kickboxing Classes

In order to follow the recommended amount of social distancing, we will be limiting the number of participants in each class. Members will be required to sign up for classes on our website. We have added additional classes to help accommodate all members. Until further notice all members must attend the Bernardo Karate Studio where their membership/contract resides.

