

BUDO KOMBAT INC.

www.budokombat.ca

COVID-19 Safety Plan

This document serves as a COVID-19 safety plan in response to the COVID-19 pandemic, in compliance with established recommendations.

This document may change over time.

Last Update: April 2022

For Budo Kombat Inc.

- Establish appropriate protocols as listed in this document and the Waiver of Responsibility/ Acknowledgement form which should be signed by all practitioners (Waiver includes items for COVID-19 controls and response)
- Clean mats prior to, and after each session
- Oversight for students / practitioners
- Discourage / limit use of change rooms (encourage people to come prepared)
- Set up 'physical distancing' boundary markings at the heavy bags (eg. 2 Meters distancing)
- Provide disinfectant / cleaning product to be used by students for the heavy bags
- Limit Capacity by:
 - Reducing Spectating
 - Reducing Practitioners in the Training Hall to 12 (well below Capacity given working space of close to 1000 Square Feet)
- A 15 minute buffer time will be implemented between classes to ensure appropriate areas are disinfected
- Washrooms will be available and will be sanitized before and after each class
- Prevent usage of Showers

For Students/Practitioners:

- Write Name in the binder at the entrance of the dojo (Training Hall) when entering (required for Tracing purposes) – also tracked by Instructor
- Clean bags before and after use with disinfectant product and towels provided by Budo Kombat Inc. - if used
- Come to class ready to train to limit the amount of time spent in the Change Rooms / closed quarters
Generally no equipment will be shared – please bring your own water bottle, gloves, wraps (wraps can be purchased from the instructor / coach on premise)
- **Completion of the COVID-19 self-assessment/self-screening at home prior to attending and participating in Budo Kombat Inc. related activities in-person, on premise (indoor) or outdoor.**

(it can be accessed here: <https://covid-19.ontario.ca/self-assessment/>)

I will NOT physically attend Budo Kombat Inc. classes/activities in-person if the results of the COVID-19 self-assessment/self-screening tool indicates that I should self-isolate / quarantine until the appropriate time has passed.

Additionally, I will NOT physically Budo Kombat Inc. classes/activities if:

- I have tested positive for COVID-19 in the last 14 days
- I have been exposed to someone who has tested positive for COVID-19 in the last 14 days
- I have traveled outside Canada in the last 14 days
- I have received the second vaccination shot in the last 14 days
- I feel unwell or have any symptoms (or combination of symptoms) listed here:
 - Headache, fever, sore throat, fatigue, cough, congestion, loss of taste, nausea, diarrhea, extreme tiredness, runny nose, abnormal muscle aches/joint pain, shortness of breath, fever and/or chills, chest pain, tightness of chest, difficulty breathing,

I will have to be symptom-free and self-isolate / quarantine for 14 days or test negative for COVID-19.

- Make efforts to stay within established 'physical distancing' boundaries when training with the heavy bags
- Regarding wearing Face-Coverings/Masks:
 - **When NOT Training, but within the premise (indoors)** – practitioners are to wear a face-covering/mask at all times e.g. dojo entrance, lounge, office, change rooms hallways bathrooms, and if spectating/watching (note – spectating is limited and may not be permitted)
 - **When TRAINING** (on the dojo floor) – practitioners have the option to wear a face-covering/mask during martial arts activities.
- The nature of Martial Arts practice requires training in close quarters. Various protocols will be enforced by Budo Kombat Inc. and its instructors to limit close-quarter interaction (eg. Boundary markings at heavy bags illustrating 6 feet distancing).

The practitioners are to make efforts to stay 6 feet apart from other students.

If there is a concern for particular students, they are to mention their concern to the instructor, take responsibility to manage their own distancing from others, and the instructor will facilitate activities with greater distancing enforcement in a dedicated section of the Training Hall.

- Practitioners are to NOT physically attend Budo Kombat Inc. classes/activities if:
 - they have tested positive for COVID-19 in the last 14 days
 - they have been exposed to someone who has tested positive for COVID-19 in the last 14 days
 - they have travelled outside Canada in the last 14 days
 - they have received the second vaccination shot in the last 14 days
 - they feel unwell or have any symptoms (or combination of symptoms) listed here:
 - Headache, fever, sore throat, fatigue, cough, congestion, loss of taste, nausea, diarrhea, extreme tiredness, runny nose, abnormal muscle aches/joint pain, shortness of breath, fever and/or chills, chest pain, tightness of chest, difficulty breathing,
- Practitioners are to immediately **notify Budo Kombat Inc.** via **Telephone** (647-570-5310), **Text Message**, or **Email** (thebudokombat@gmail.com), if they or anyone they have come into contact with have tested positive for COVID-19.
- Spectating – for the most part, individuals will generally not be permitted into the dojo (Training Hall) for spectating purposes unless they are there for the purposes of attending class.
- Anyone who enters the dojo (Training Hall) or participates in Budo Kombat Inc. activities in the dojo must sign a Waiver and acknowledge they will follow our guidelines and uphold our safety standard (see Waiver at www.budokombat.ca)

COVID SAFETY PLAN

Budo Kombat Inc.

T# 647-570-5310,

Physical Address: 1200 Aimco Blvd
Unit #1, Mississauga, ON, L4W1B2

- Students may wear gripped socks or dedicated indoor shoes that
 - A) will not mark the mats ; and
 - B) not tear the mats
- Ensure hands are sanitized before, or at entry to the dojo (Training Hall)