

RETURN TO TRAINING GUIDELINES

Effective July 8, 2020

(Please note: This document applies to our Kitchener-Waterloo Location only, future documents will be released upon the re-opening of our other locations)

With the guidance and approval of the **Region of Waterloo Public Health office, Karate Canada** we are thrilled to be re-opening the kwoon. In doing so, the first priority is the safety of everyone entering the studio.

Revolution Wing Chun is doing everything required and more to provide you the safest return-to-training experience possible, however, no protocols can provide 100% protection. All members returning to training do so at their own risk.

Your family's adherence to these guidelines is key in helping keep everyone safe. Please review these guidelines and protocols. We will also walk through the procedures when they arrive for class.

Here are the measures currently being put in place. These are subject to change.

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RWC PROTOCOLS

1. Staff members will self-assess for symptoms before coming to work each day.
2. Studio will be thoroughly cleaned from top to bottom at the start of each day.
3. Everyone entering the facility will be required to fill out a quick health questionnaire each time they – no exceptions
4. Hand sanitizer will be made available throughout the studio.
5. PPE Gloves are NOT permitted.
6. All high-touch surfaces will be sanitized between every class.
7. Individual use heavy bags will be sanitized after every use.
8. Training floor will be sanitized thoroughly. Since students will remain in their own training square there are no issues with bare feet since no one is putting their feet in their mouth. 😊

GENERAL GUIDELINES

Do not visit the kwoon if you or someone in your home are not feeling well, regardless of symptoms.

If you have travelled outside of Canada, you are required by health authorities to self-quarantine for a minimum of 14 days.

We are aware that it is allergy season, please cough or sneeze into your shoulder/arm if necessary.

Masks are now mandatory for entry to our facility. The Region of Waterloo Council recently passed by-laws that require the wearing of masks on transit and in enclosed public places. The by-laws exempt children under the age of five and those who are unable to wear a face covering (due to a medical condition, disability, etc).

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NEW REVOLUTION WING CHUN PROCEDURES

1. All classes are drop-off and pick-up only. Lobby seating is temporarily closed,
2. and chairs have been removed or blocked off.
3. Please make an appointment for retail purchases or administrative visits.
4. There is no early drop-off or late pickup.
5. Change rooms are temporarily closed. All members must arrive in uniform ready for class.
6. Washrooms are for emergency use only. Please try to go at home before you arrive. No one will be refused access to the washroom.
7. Coat hooks are temporarily off limits. Students will bring items into class with them.
8. Students should arrive prepared for class with the following:
 - A bag large enough to hold required items PLUS their shoes, socks, jacket or sweater.
 - Pre-filled water bottle. Students must bring disposable bottles home. (water is currently not for sale)
 - A personal bottle of hand sanitizer for in-class use.
 - Recommended
 - Kleenex
 - Sparring gloves. These may be used for heavy bag drills.
 - A towel or yoga mat for floor-based exercises.

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ARRIVING FOR CLASS

1. Students will enter through the front door during their designated arrival time. Students will not be allowed to enter early.
2. Students should line up outside for classes and wait to be permitted to enter the facility.
3. All students must pre-screen at home prior to every entry and may be screened on arrival – this may include a temperature check.
4. All persons entering the building will sanitize their hands.
5. All persons will always maintain 2 meters of social distancing.
6. Remove socks, shoes, coats/sweaters and place in your gear bag.
7. Proceed to washroom for handwashing. Wash for 20 seconds with soap and warm water.
8. Students will enter the kwoon and select a personal training square – starting from the back of the room – and remain there for the duration of class. Students will place their gear bag in their square. You are welcome to chat with fellow classmates while centred in your training square.

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DURING CLASS

1. Students will train in their own 2m x 2m training square. Squares are separated by 2m forwards and 1m on each side.
2. Current maximum class size is 10 students in kwoon 1 and 4 students in kwoon 2.
3. Kwoon 1 is equipped with 1 heavy bag per training square.
4. At this time we will **NOT** be practicing the following activities until it is safe to do so: Sparring with partners, Self-Defense with partners, Hand or kicking target drills with partners
5. Sparring drills will be limited to heavy bags. Bags will be sanitized after each use.
6. There will be no sharing of any equipment. Please ensure you have everything needed for training.
7. If a student needs to leave their square for any reason, they will ask the instructor. They will be directed along a socially distanced route of travel.
8. Instructors will remain 2 metres from students. Should a student require first aid treatment the 2-metre barrier will be broken with mask and gloves used by first aider.
9. If a student becomes ill during class, they will be isolated and early pick-up will be arranged for the entire group and a complete cleaning will be done.

AFTER CLASS

At the end of class students will exit by the rear door. Those closest to the door will leave first. One at a time. Staff will assist with exit procedures.

Revolution Wing Chun will continue to monitor this situation closely and will do what is in the best interest of keeping everyone safe. We urge that everyone that is part of the RWC family please do your part in protecting yourself, your family and community. Together we will rise above this.

We thank you for your understanding and flexibility during this time. As always, please reach out to us if you have any questions or concerns.