

KICKBOXING ONTARIO

POLICIES FOR OPENING MARTIAL ARTS/KICKBOXING CLUBS

DRAFT – VERSION 6

1. The club and individual members must be current 2020 registered members of WAKO Canada.
2. The club must contact their Public Health department and local BYLAW Office for permission to open with our WAKO Policies and any additional requirements of the Municipality/Region.
3. The facility must have adequate ventilation appropriate to HVAC fitness building standards. It is advised to have as much outdoor fresh air flow as possible.
4. The club must have an Emergency Action Plan (EAP) protocols that meet industry standards.
5. All Staff (volunteers or paid) must be trained in these new safety and screening policies outlined in Appendix A and B.
6. All Member Club must maintain a system to track the entry/exit of all individuals (participants and parents/guardians) within the facility.
7. All individual who enters or use the facility must be screened by a staff (Appendix A).
8. No spectators are allowed in the facility, other than one accompanying parent, guardian or other athlete for those under the age of 18.
9. All individuals who enter or use the facility must maintain a physical distance of at least two meters from any other person in any part of the facility.
10. All change rooms and showers in the facility must remained closed, except to the extent they provide access to a washroom or portion of the facility that is used to provide first aid.
11. Participants must come to the facility fully changed into their training clothes
12. All training will be conducted individually and must ensure individuals are always 2M apart.
No physical contact is permissible.
13. There will be no physical contact between participants and coaches
14. Club equipment used (eg. Heavy bags) must be thoroughly sanitized before used by another person.
15. There will be no sharing of personal items (eg. gloves, water bottles, skipping ropes)



KickboxingOntario.com
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16. Personal items will not be permitted inside the building (school bags, laptops)
17. Facemasks or Face-shields must be worn by individuals* when they enter and exit the location as mandated by Municipal Bylaws.
18. Facemasks or Face-shields should not be worn by those exercising or coaching/instructing.
19. All training must be conducted in prescribed practice times with coaches present to ensure physical distance is maintained during the practice times.
20. There will be no training allowed outside of specific prescribed practice times.
21. At the conclusion of every prescribed practice time all floor/surface areas and all equipment will be sanitized with solution/materials approved by the office of Public Health.
22. All Member Clubs must notify the PSO, their Department of Public Health, and all members of their club if a member, or someone that was in contact with persons who have contracted COVID19. The Facility must immediately close, sanitized and remain closed until further direction from the Municipalities Department of Public Health.

*** The following are considered Exemptions for wearing a Facemask from the Province of Ontario:**

- children under the age of two
- anyone who has trouble breathing
- anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance



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Appendix A - Screening Procedure

All individuals that enter the facility must be screened at the entrance and only allowed into the facility if they answer NO to the questions below. The screening must be done privately and information is considered confidential.

- 1. Are you currently experiencing any of these issues:**
Difficulty Breathing – Chest Pain – Feeling Confused – Losing Consciousness
- 2. Are you currently experiencing any of these issues:**
Shortness of breath – Sore Throat – Runny Nose – Congestion – Loss of smell – Pink Eye – Headache – Digestive Issues – Muscle Aches – Tiredness- Lack of appetite
- 3. Are you part of a High- Risk Group:**
65+ - Pregnant – Getting treatment that weakens your immune system – chronic health condition – Regularly going to hospital/clinic for treatment
- 4. In the past 14 days have you had physical contact with someone who tested positive for COVID-19?**
- 5. In the past 14 days, have you been in close physical contact with someone who either:**
Is sick with a new cough/fever/difficulty breathing – returning from outside of Canada
- 6. Have you travelled outside of Canada in the last 14 days?**

Appendix B – Training Procedures

- 1. All participants must have sanitized themselves upon entering the facility**
- 2. All participants must train during prescribed practice times**
- 3. All participants must always be 2 meters apart**
- 4. No physical contact is allowed between any participants and between coaches and participants**
- 5. All club equipment (eg. Heavy bags) must be thoroughly sanitized before used by another person**
- 6. No sharing of water bottles or any personal equipment amongst participants and coaches**
- 7. Only parents/guardians of minors are allowed in the facility during practice times**
- 8. Immediately after each practice time participants must leave the facility – no socializing permitted**
- 9. After each practice time all surface areas (floor, handles, doors, etc). must be sanitized**



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