



Legacy

tae kwon do

1236 3rd Ave. S. Lethbridge, Alberta, Canada T1J 0J9
Phone: 403.328.8400 email: legacytkd@telus.net

Branch locations in Fort Macleod & Coaldale
www.martialartscanada.ca

Covid -19 Special Safety Measures

Facility considerations

- Changerooms are closed to students. Lockers and showers are unavailable.
- Bathrooms are available on an “emergency” basis only. Please use bathrooms at home prior to arriving.
- Back warmup room is temporarily closed except for individual instruction
- Doors will remain locked until 10 mins before classes
- Doors will be locked while classes are running to limit public access.
- Spectators are not allowed in adult classes
- Spectators are discouraged in most children’s classes. Spectators will maintain physical distancing
- We have removed as many “touch” surfaces as possible.
- Plexiglass installed in reception area.
- Floor will be sanitized after each class.

Class considerations

- Physical distancing to be maintained to the best of participants abilities.
- Classes will be scheduled to reduce overlap of participants and to allow for cleaning. •
No handshaking or other physical contact
- No shouting.
- Any equipment needed for training should be personalized and cleaned after usage.
- attendance limited to 20 people per class to promote social distancing.
- Registration opens 23 hours in advance of the class. First registered, first served. - If you arrive to class unregistered, you will not be permitted to train unless there is room remaining in the class. Be sure to reserve your spot online and in advance! Please only register for 1 class per day.
- Bring your own water. Fountain is not in service. Do not share water bottles.
- Students will have only one training partner for each class.
- All pads and kicking targets will be sanitized after each class. (Initially we will not be using them at all. We may reintroduce them later).
- Currently we are not comfortable with sparring as a part of class. (although it is permitted by AB Health) This will be periodically re-evaluated based on prevalence of Covid-19 cases in the Southern zone.

Arriving

- All persons (ages 2+) entering the building are required to wear masks
- Masks may be removed once participants are on the training floor.
- On-site hand sanitizer provided upon entry /exit to/from facility and training floor.
- Students to arrive in uniform
- There is a short 4 question online Covid screening questionnaire to complete for each class at time of online registering. If you answer “false” to any of the questions, please do not register the class.
- Arrive and depart within 10 mins of scheduled activity.
- Do not bring food to the gym.

Other protocols for your safety

- Stay home if you are feeling unwell, have symptoms of Covid 19, or have been exposed to anyone who has contracted the virus
- Vulnerable persons, such as older individuals with underlying medical conditions, and or are at risk due to a compromised immune system must not participate.
- International travelers should not attend until home for 14 days symptom free
- Please observe a high degree of personal hygiene. Uniforms to be laundered after each class.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

Overview

This tool has been developed to support activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

		CIRCLE ONE	
1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days?	YES	NO
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

* Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** Ill/symptomatic* means someone with COVID-19 symptoms on the list above.