

HIGH PARK MARTIAL ARTS

3094 Dundas Street West
Toronto, Ontario
M6P 1Z8



INTRODUCTION High Park Martial Arts facility cleaning protocols have been updated to include antiviral and antibacterial cleaning products. We observe safety and training protocols as outlined by the [City of Toronto](#) and we will continue to ensure to review our procedures and protocols to continually enhance your safety.

RESUMPTION OF CLASSES

All Adults and students attending the Monday, Thursday, Saturday noon and Friday Teens (when Friday classes resume) class must use the online sign in (please see details below). Parents or guardians of all other children's classes must use the sign-in sheet in the reception area when they arrive for class.

Please Note: As of September 22/21 all students over the age of 18 will be required, by Provincial Government mandate, to be fully vaccinated to participate in our classes unless a Doctor's note is provided. Please submit a completed copy of our vaccine certification form at your first class after September 21/21. This form will also be required for any new students who are 18 years of age and older joining. All students are to adhere to any and all related Provincial Government regulations that would apply to our facility as long as they are in effect. You may put your membership On Hold if needed. If you need to adhere to these guidelines due to a related birthday during your membership please do so.

As of November 1/21 all students over the age of 12 will be required, by City of Toronto Municipal Order, to be fully vaccinated to participate in our classes unless a Doctor's note is provided. Please submit a completed copy of our vaccine certification form at your first class after October 31/21. This form will also be required for any new students who are 12 years of age and older joining. All students are to adhere to any and all related City of Toronto regulations that would apply to our facility as long as they are in effect. You may put your membership On Hold if needed. If you need to adhere to these guidelines due to a related birthday during your membership please do so.

MEMBERSHIP OPTIONS

We continue to offer 3, 6 and 12 month memberships for new students. Given the impact of COVID 19, however, we have modified our On Hold format for existing students to accommodate individual circumstances and ensure that your membership continues regardless of when you decide to restart your training. If your membership expired between March 15, 2020 and the date you return, your On Hold time will be from March 15, 2020 until your expiry date. The time for

each individual will be then added to their renewal as we have always done, except as mentioned the requirement to have your membership continuous for any On Hold time to be valid is waived. When you return you may then use your On Hold time until it expires, and then renew or not.

AT THE START, DURING AND END OF CLASSES

1. If you are not feeling 100% - please STAY HOME. High Park Martial Arts will strive to ensure that students or anyone assisting with a class are not feeling sick or have any symptoms (runny nose, cough, watering eyes).
2. To register online for our class , click on the “Return to Training” Tab and select “[Class Sign In](#)”. (Until further notice)

See example below

HPMA Sign-up Sheet
Sports/Karate Classes

Choose a Class:

ADULT CLASS

Icon	Class Name	Day	Time	Duration
	White & Yellow Belt	Monday	6:15p-7:15p	CASO 1 hr
	White & Yellow Belt	Monday	7:30p-8:30p	CASO 1 hr
	Black Belt Class	Monday	8:45p-10:00p	CASO 1 hr 15 mins

Please contact Shawn Sanford (shawnsanford@rogers.com) if you need any assistance or have questions about the online form. A report of all student attendees will be filed in the office each week.

3. Class Sizes. New facility capacity and class size guidelines strictly follow the province’s COVID-19 protocols. In our case, we will be limiting adult classes to 22 people upstairs plus those who wish to use the lower level if they prefer.
4. Arrive On Time, But Not More Than 5 Mins Early. Students will need to arrive on time, but not too early. Please show up no earlier than 5 minutes before class and exit the dojo immediately following the class.
5. Wear your Mask To Enter And Exit. Students must wear face coverings to enter and exit High Park Martial Arts. You may, however, remove your face covering at the “red line” as you enter the dojo. During physical exertion, it is allowed that all face coverings are removed. You are, however, permitted to wear a face covering during class if you prefer to do so.
6. No Spectators. High Park Martial Arts will require children be dropped off and picked up at the entrance. We will not have a seating in our reception area until further notice for anyone.
7. Keep Your Physical Distance. Social distance floor markers of 6ft may be used to maintain adequate spacing protocols. In our case, each student will use one of the 6’ Bo’s to create a “bo zone” as their training area. We ask that everyone limit their contact while in the dojo.

8. Clean Everything You Come In Contact With: Additional cleaning solutions will be provided to aid in members wiping down their training area. All Kobudo students are asked bring their own weapons to class until further notice.

9. Sanitize Your Hands. Hand-sanitizer stations are provided at various contact points.

12. No Sparring. Sparring and Randori class will be suspended until further notice.

SOME FINAL NOTES:

1. Remain positive. Maintain routine. Stay organized. 2. Practice personal responsibility and attend High Park Martial Arts at your own risk. If you are in a high-risk category or take care of someone who is, we understand that returning to the dojo may not be the right decision for you at this time. By choosing to attend a class High Park Martial Arts, even with the increased safety measures, you acknowledge and accept the additional risks associated with the global health pandemic. 3. Please familiarize yourself with this "new normal" and do not hesitate to email us if you have any questions or concerns. hpma@highparkmartialarts.ca 4. If you have recently traveled please do not return to the dojo until the government has deemed it safe to do so. 5. If you have tested positive for COVID-19 or come in contact with someone who has we ask that you refrain from coming to the dojo until you have been cleared with a negative COVID test. 6) Remember to complete and hand in the Waiver form prior to your first class.



RETURN TO SAFE TRAINING PROTOCOLS FOR HIGH PARK MARTIAL ARTS

PURPOSE The purpose of these guidelines are to ensure that proper precautions are taken for the reopening of High Park Martial Arts. By following this policy, volunteers, members, visitors and contractors will reduce risk of infection to themselves and others.

SCOPE This procedure is applicable to all High Park Martial Arts volunteers and all contractors performing work on High Park Martial Arts property.

RESPONSIBILITY All High Park Martial Arts volunteers and students are responsible for implementation, adherence and execution of this procedure and Return To Training Protocols

DEFINITIONS

COVID-19: A mild to severe respiratory illness that is caused by a coronavirus (Severe acute respiratory syndrome coronavirus 2 of the genus Betacoronavirus), is transmitted chiefly by contact with infectious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus, and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure **Coronavirus:** Any of a family of large single-stranded RNA viruses that have a lipid envelope studded with club-shaped spike proteins, infect birds and many mammals including humans, and include the causative agents of MERS, SARS and COVID-19.

Physical Distancing: The practice of maintaining a greater than usual physical distance (such as six feet or more) from other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection.

PROCEDURE

Information & Instruction

Physical Distancing

- i. The number of students allowed into the training area at any one time may be limited to ensure that there are 2 square meters of space for each student
- ii. Any students or volunteers that have any symptoms of the illness shall be required to self-isolate and avoid attending classes until they are symptom free for, at least, 24 hours.
- iii. High Park Martial Arts will encourage physical distancing and will discourage congregation. Members will be encouraged to participate in training and then exit the facility without unnecessary delay .

General Cleaning and Disinfecting

- i. High Park Martial Arts will provide hand sanitizer stations and soaps in the washroom and designated locations around the dojo.
- ii. High Park Martial Arts will ensure that all high-touch surfaces are disinfected before and after use by disinfectants listed on the Health Canada website identified as a disinfectant and has been confirmed to be effective against COVID-19.
- iii. High Park Martial Arts will require all children under the age of 16 to arrive at the Dojo in their gi and to only use the washrooms for use of toilet and handwashing. Change rooms will be limited to teen and adult members with a limit of no more than 4 people at a time in the change room(s).
- iv. High Park Martial Arts will ensure that exercise routines are safe within the context of a fitness type facility and as permitted by the provincial regulations.
- v. High Park Martial Arts students and volunteers will ensure that surfaces are immediately cleaned if any volunteers, members, visitors or contractors are observed to have sneezed in the facility.
- vi. Students will be required to wipe all equipment in which they will be in contact with before and after use. The solutions provided are sanitizing spray which kills all bacteria and viruses.
- vii. 15 minutes will be allotted between sessions to allow students to wipe down their training area and volunteers to wipe down high contact surfaces such as handrails before the next class begins.

CONCLUSION

High Park Martial Arts will ensure that adherence to these guidelines are maintained and High Park Martial Arts will strive for the continual improvement of these guidelines. High Park Martial Arts will ensure that it stays informed of any and all changes to COVID-19 information obtained from Public Health Canada website Toronto Public Health.