

Waterloo Kung-Fu Academy – COVID19 Procedures

After months of isolation, online classes, and information overload, it's time to prepare to ease back into regular "in person" classes at WKFA. Some of the items covered in this document are recommendations, while others are requirements that will be strictly enforced.

Rest assured that our primary concern is for the health, safety, and wellbeing of WKFA students, instructors, and parents. Significant changes have occurred over the past few months and we are adapting WKFA procedures to reflect current scientific evidence to mitigate the spread of COVID19. Hopefully, the following procedures are temporary, and they will be modified as needed.

General

Do not visit WKFA 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. Do not come to WKFA if you have been outside Canada within the past 14 days.

Thorough cleaning and disinfecting of WKFA will be conducted daily. In addition, all high traffic or touch areas will be disinfected after each class.

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

Until deemed safe to do otherwise, we will strictly enforce the 2m physical distancing requirement and general cleanliness requirements, both personal and throughout the academy.

The following activities are eliminated from our curriculum until restrictions are lifted: sparring, self-defense, partner exercises, and the use of most equipment. Please bring only what is essential for your training on any given day.

Hand washing and/or the use of approved hand sanitizer is mandatory.

Change rooms and the parents waiting room are closed, as is the student's waiting room on the main floor. The downstairs toilet and sink will be available for general use where necessary.

We will be following a strict enter, train, leave policy. Students are expected to arrive in uniform and leave in uniform. Changerooms and showers are only available for the weekly noon hour classes or by special request.

Things to Bring (or not to bring)

- A towel for drying your hands after washing.
- Water, in a non-disposable, leak proof container.
- Any other essential personal equipment.
- There is no need to bring sparring equipment to class until notified otherwise.

Arriving for Class

1. Upon arrival at the Academy remove your shoes and/or jackets and put them in your equipment bag.
2. Apply hand sanitizer or wash your hands in the downstairs sink.
3. Take your bag to the designated location on the floor.
4. Go immediately to your designated training square and remain there for the duration of class. You are not permitted to leave your designated training area without permission from the instructor, who will guide you to the appropriate exit route.
5. Always maintain physical distancing, and do not gather in groups, even in the lobby.
6. Consider the entire upper floor of the academy and the Weight Room, to be off limits until notified otherwise.
7. Please read and respect all signage or directional arrows.

During Class

1. Always remain in your designated training area.
2. Do not share any equipment, weapons, or personal items.
3. Training areas are situated in a manner that will ensure the most practical physical distancing.
4. If you ever feel unwell during class notify the instructor immediately.
5. The downstairs washroom is available for use if necessary.

After Class

1. Students are asked to leave the Academy immediately following their class while maintaining physical distancing procedures. Distancing will be enforced by the instructor and may mean that students are dismissed in a manner that prevents a bottleneck in the lobby while students put their shoes on.
2. Absolutely no loitering at the Academy. You must leave as soon as your class is finished.
3. Disinfecting of high touch areas will be conducted after every class, so a quick departure is essential to maintain our schedule.

Parents Drop-off and Pick-up Procedures

- Parents, guardians, or guests are encouraged to wait outside of WKFA at this time. This is to minimize the amount of cleaning that must be undertaken between classes and to ensure that physical distancing procedures can be maintained.
- For young children that need to be accompanied during class, please ask and we will have space for you on the mats where your child is situated.
- Please do not drop your child off at the sidewalk and leave. The doors will be locked, and students are not permitted to enter the Academy before their scheduled class start time. It is best to keep children in your car or stay with them on the sidewalk until you see students being admitted to the Academy. *Be sure that your child has entered the Academy before leaving.*
- Following proper physical distancing practices (including wearing a face mask if appropriate) bring your child to the front door of WKFA. You will be met by an instructor or Leadership Team member that will apply hand sanitizer to your child's hands and assist them with clothing and ensure that they get to their 2m x 2m individual training area in the kwoon. If your child cannot use hand sanitizer they will be immediately taken to the downstairs sink where they will wash their hands.
- You must pick up your child at the front door ***immediately*** after their class ends. Being late may impact cleaning schedules or the ability to start the next class on time.
- After class students will be dismissed in a manner that will ensure physical distancing.
- Please make an appointment for retail purchases or administrative visits.
- Please ensure that your child uses the toilet at home before leaving for class. The downstairs toilet will be used if necessary.