



Fernie Karate Club

Covid-19 Outdoor Training and Safety Plan – August 2020

Sport in BC is currently in the Transition Measures stage according to viaSport and Karate BC guidelines. This means small groups, outdoor activities, physical distancing, no contact, and no shared equipment. For the Fernie Karate Club, this will mean a number of specific measures will be required:

- Participants must be registered members of Karate BC.
- Participants will be required to complete a self-assessment before each class: [BC COVID-19 self-assessment tool](#).
- Additional waivers (attached).
- Beginning Wednesday, August 5, we will practice at Prentice Park on Wednesdays from 5:00 – 6:00 and Saturdays from 10:00 – 11:00 (class days and times are subject to change).
 - Once at the park, participants will be assigned a training space that they will be required to adhere to in order to maintain appropriate physical distancing.
- Participation will be limited to a maximum of ten – please advise Fernie Karate Club of your intention to participate at least one hour before class. Participation will be on a first-come, first-served basis.
- Children under 10 must be accompanied by an adult from the same household group in order to help enforce appropriate physical distancing. One household group may be counted as one participant.
- There will be no partner work or sharing of equipment, unless between participants from the same household group.
- Handwashing stations are available at the Prentice Park restrooms, and Fernie Karate Club will provide hand sanitizer to be used before and after training.



Other info:

- Please wear your gi and belt if applicable; otherwise please wear comfortable clothing, including shoes.
- We recommend bringing a yoga mat or towel for stretching and other fitness activities on the ground.

Our intent with the outdoor classes will be to work on our general fitness, physical literacy, basic karate skills and kata (forms). For more information, please visit [viaSport's Return to Sport guidelines](#), and [Karate BC](#) for additional information.

Contact information

The person responsible for ensuring compliance:

Wynne Cairns

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This notice will be available on-site during activities.