



Fernie Karate Club

Covid-19 Outdoor Training and Safety Plan – June 2021

Sport in BC is currently in “modified Phase 2 of return to play” according to viaSport and Karate BC guidelines. 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 Thursday, June 3, we will practice at Prentice Park on Thursdays from 5:00 – 6:00 and Saturdays from 11:00 – 12:00 (class days and times are subject to change).
- Adults and children are permitted to train together outside, provided that there are no more than 10 adults and a maximum of 50 participants in total.
- Participation will be on a first-come, first-served basis.
- Children under 10 must be accompanied by an adult from the same household group.
- Partner work and sharing of equipment is allowed.
- Masks are not required on the field of play.
- 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:



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This notice will be available on-site during activities.