

GAUTHIER'S MARTIAL ARTS AND SELF DEFENSE

We have new guidelines at Gauthier's as we transition back into karate classes.

Please read all the documentation thoroughly and familiarize yourself with the new guidelines before returning to classes. We want all students, parents, guardians to have absolute clarity of the procedures moving forward for the safety of themselves and others.

Because there will be a limited amount of students allowed in each class, we will now be running 2 classes each night...

Monday through Thursday. 6 – 7 pm... AND...715 – 815 pm
Saturday classes are cancelled for the time being.

A Waiver has been created for Gauthier's Martial Arts and Self Defense and must be signed before classes resume.

A FRIENDLY REMINDER THAT DUES ARE TO BE PAID IN ADVANCE OF CLASSES. THANK YOU.

Policies to Reopen Gauthier's effective August 24, 2020

1. All students must enter using the front door of the building and must be wearing a mask regardless of age. Drop offs no earlier than 10 minutes before class.
2. There will be an adult in the main hallway upstairs to screen students. Several questions will be asked of students and all information will be recorded. If students are not able to answer the questions a parent or guardian must accompany them. Only the student's first name will be recorded on the form for confidentiality reasons. More information regarding the screening process can be found below. Students will also have their temperatures taken using a touch less wand.
3. All students are asked to remain a minimum of 2 meters apart at all times. There are spots on the floor that students are expected to wait on until it is their turn to be screened.
4. Participants must come fully dressed in their uniforms ready for class.
5. Personal items are not allowed into the dojo or hallway except for a bottle of water that must remain in each students training area.
6. All participants **MUST** sanitize their hands prior to entering the dojo. Hand sanitizer will be provided in a touch less container.
7. Students are to go directly to their assigned training area and must remain in that area during class.
8. We ask that individuals be mindful and refrain from touching their face, feet, etc.
9. Socks must be worn at all classes. Karate shoes or light foldable slippers would be ideal.
10. Masks are mandatory during class and after class and entering and exiting the building.
11. Washrooms can only be used for emergencies. They are public washrooms and Gauthier's cannot ensure that thorough Disinfection has taken place.
12. Spectators are not allowed into the dojo. This will limit how many people within the dojo at any time and aid in physical distancing.

13. Immediately after class students will leave the dojo with no socializing.

14. Parents are asked to please be on time for pick-ups and drop offs. Please take turns picking up your child one at a time. Please exit using the door found at the bottom of the stairs to the left of the dojo .This entrance opens onto Mississauga Street. Students must be masked as soon as they leave the dojo.

15. At the conclusion of every class Gauthier's will sanitize **ALL** surfaces with solutions approved by Public Health.

Screening Questions

Name.....

1. Are you currently experiencing any of the following issues? Difficulty breathing, feeling confused, difficulty staying awake.
2. Are you currently experiencing any of the following issues? Shortness of breath, sore throat, runny nose, congestion, loss of smell, pink eye, headache, digestive issues, muscle aches, tiredness, lack of appetite?
3. Are you part of a high-risk group? a. 65+,pregnant, getting treatment that weakens your immune system, chronic health condition, regularly going to the hospital / clinic for treatment?
4. In the last 14 days have you been in contact with someone who tested positive forcovid-19?
5. In the last 14 days have you been in close contact with someone who is; sick with a new cough, fever, difficulty breathing, returning from outside of Canada?
6. Have you traveled outside of Canada in the last 14 days?

Gauthier's or a representative of Gauthier's is authorized to ask students, parents, guardians screening questions and to take a touch less temperature of student prior to entering the dojo each and every class. Information will be documented. Student's first name only will be recorded respecting confidentiality.

Name of child _____

Name of parent / guardian _____

Guardian signature _____

Date signed _____

School representative Signature _____

Date _____

WAIVER/RELEASEFORCOMMUNICABLEDISEASESINCLUDINGCOVID-19 ASSUMPTION OF RISK/ WAIVER OF LIABILITY/ INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of Gauthier’s Martial Arts and Self Defense the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation;
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards to protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately;
4. I, for myself and on behalf of my heir, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Gauthier’s Martial Arts and Self Defense officials, agents, instructors, volunteers, other participants, and if applicable, owners and lessors of premises used to conduct classes ("RELEASEES")WITH RESPECT TO ANY AND ALL ILLNESS,DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING ITAND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

I acknowledge I have read and understood fully the rules known as "COVID: RULES

Name of participant: _____
(Please print)

Participant Signature: _____

Date:_____ Phone:_____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases.

Furthermore, my child/ward understands and accepts these risks and responsibilities. If for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releases and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releases for any and all liabilities incident to my minor child's/ward 's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of child: _____

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____

School representative: _____

Signature: _____

Dated: _____