

DOUVRIS

Karate • Fitness • Leadership



Masks are Mandatory. Socks or Indoor Shoes are Mandatory. We have provided hand sanitizing stations.

You must make a reservation to attend classes as our classes are limited to 20 students.

Members and parents are asked to take 5 minutes at home to self-assess before coming to the Dojo: <https://ca.thrive.health/covid19/en>. Please follow the advice given for your assessment.

The facility will be locked until the Staff are ready to welcome members inside.

Members must wait at a social distance outside the building prior to entering the facility.

Parents/caregivers must wait until their athlete has entered the building before leaving the premises.

Members are expected to arrive 10 minutes prior to their reserved class wearing a mask and their uniform (Full Uniform or a Douvris T-Shirt, Gi Pants and Belt).

Members are to wear socks or indoor shoes in the Dojo.

Should you decide to wear indoor shoes to class, please wear your OUTDOOR shoes to the facility.

Your CLEAN INDOOR SHOES should be brought with you to put on upon entering the Dojo

Parents/family members or caregivers will NOT be permitted into the facility at this time.

The door will be locked when training begins. NO ENTRY to the Dojo if you are late.

We have air conditioning and windows will be open for air flow.

Every member will be greeted by a Staff Member and asked a standard list of screening questions set out by Public Health before entering the facility.

All participants must pass this screening in order to gain access to the facility and training.

Douvris Aylmer is providing a Staff Member at the front door of our building to greet members, assess members and provide hand sanitizer.

A second Staff Member will be provided at the top of the stairs to greet, to provide hand sanitizer after removing their shoes and to guide them to their spot in the Dojo.

Parents/caregivers are to arrive 5 minutes prior to the end of class.

Hand sanitizer will be provided to each member before leaving the building.

Members will be exiting the Dojo under the supervision of a Staff Member for social distancing.

We recommend you limit carpooling: only members of the same family should be in a vehicle together.

If you have questions or concerns, and to reserve your class please contact us at info@douvrisalylmer.com.

Thank you all in advance.

Sensei Kirk