

DOUVRIS

Karate • Fitness • Leadership



PROTOCOLS

While we are very much looking forward to receiving you at the Dojo, we ask that you kindly review and follow all protocols we have implemented as an added preventative for the continued safety of our students.

Preparations

Students must arrive 5 minutes before their scheduled Karate or Cardio class wearing their Gi or workout equipment. Socks or indoor shoes (shoes not worn outdoors) are mandatory for all classes. Water bottles are encouraged but not permitted inside the Dojo. Change rooms and washrooms are not accessible.

Arrival

Upon arrival, remain socially distanced at all times – inside and out – and allow for adequate space at the door for those departing. **Properly worn masks are mandatory and, as with all other measures, if not complied will result in refusal to enter our Dojo.** An instructor will greet you at the door, take attendance and provide you with hand sanitizer. Doors will remain locked for the duration of the class.

Parking

There is sufficient parking on the streets neighboring the Dojo. Rules of the road must be respected for the safety of all students, pedestrians and drivers. Please allow for additional time to park as there are construction projects underway.

Cancellations

If you are unable to attend your pre-scheduled class, e-mail info@douvrissaylmer.com so a student on our wait list can attend in your place.

Notices

All members will be given a designated spot for their class and must remain there unless otherwise instructed by their Sensei. In the event that a Karate Belt becomes loose and the student is unable to secure it themselves, they will be asked to place it by the wall and continue their class without it.

Together, staying safe!

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As the province and the country roll-out vaccination for health care workers and the public at large, it is important for everyone to continue following [Québec's health advice](#) in our community to help stop the spread of COVID-19.

This includes:



Properly wearing a mask at all times.



Practicing physical distancing,



Practicing proper hand hygiene.



Staying at home if you or someone you have been in contact with is sick or showing symptoms.

If you believe you have been exposed to or are experiencing symptoms of Covid-19, please refer to [Québec's Symptom Self-Assessment Tool](#).

Together, staying safe!