

Impact Krav Maga and Fitness

COVID-19

Mandatory Protocol

Gym Procedures



On March 17, 2020 the British Columbia government declared a provincial state of emergency to support the province wide response to the novel coronavirus (COVID-19) pandemic.

The primary directive from the Federal and BC Provincial governments is aimed at limiting potential exposure of Canadians to COVID-19. Employees are to review operations and take preventative measures to ensure workers are not exposed; everyone must do their part to help reduce the spread of the virus and help flatten the curve.

Impact Krav Maga and Fitness is directing staff to begin the following operational arrangements.

COVID-19 Preventative Measures



- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Maintain safe social distancing of six feet/two meters between yourself and others whenever possible.
- If you have to cough or sneeze, try to do it into your elbow or a tissue, and then throw out the tissue if used and wash your hands afterwards.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick. If you have a fever, a new cough or are having difficulty breathing, call 8-1-1.
- Clean and disinfect frequently touched objects and surfaces.

Entering/Leaving the Building

- The door will remain locked during class time
- Immediately upon entry, employees are directed to wash their hands thoroughly.
- Wash your hands after you enter the gym and throughout the lesson.

Adult Class structure

- Each class will have a maximum of 8 participants.
- There will be 15 minutes in between classes to decrease social interaction. And to give staff times to clean the space.
- Hand sanitizing stations will be placed through the gym for client use.
- Classes will be mostly fitness focused to avoid contact with clients.
- Clients are asked to sign up before class to secure their spot. More classes will be offered to accommodate the class number restrictions.

Daily Sanitizing Routines

- Wash your hands when you arrive at the gym.
- Staff will disinfect the training floor at the end of the day.
- Staff will disinfect all shared surfaces, furniture equipment etc. when finished.
- Do not share drinks.
- Staff will clean washrooms.
- Staff will be waiting at the door with hand sanitizer before the kids classes to help children wash hands.

Daily Communication Routines

- Follow the protocols established by your local authorities.
- Call or email your IMPACT staff with any questions throughout the day.
- Check your email regularly for updates.

Social Distancing

- Follow safe social distancing guidelines of maintaining 6 ft or two meters distance between people when possible.
- Keep away from others as much as possible
- Classes will be limited to 8 people.

Child and Youth Classes

- Parents are to sign up their children online before coming and drop off the children at the door.
- Children will be asked to leave if they show any symptoms.
- Please explain to children the importance of washing hands and avoid touching their face.

Bathrooms

- Make sure to wash your hands when you leave the bathroom.
- Follow COVID-19 handwashing guidelines as posted



Illness

- If you are sick, stay home and log a sick leave.
- If you start to develop symptoms while at work, let your supervisor know via email or phone and go home.
- If you are not sure whether you should stay home use the self -assessment tool at <https://bc.thrive.health/covid19>



The safety of
our members is
our number
one priority.

Know the Facts

Using reliable sources of information will ensure that what you do learn is fact, not fear-based.

The BC Centre For Disease Control:
<http://covid-19.bccdc.ca/>

Health Link BC:
<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

Health Canada:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

The World Health Organization:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Practice Self-care

Build self-care into your day. All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others. Some self-care ideas:

- Meditate
- Play a board game
- Practice deep breathing
- Take a bath
- Read about something other than the virus
- Start a digital detox (leave your phone alone for a while)
- Exercise

Call 1-888-COVID-19 or text 604-630-0300 for details, advice, and further information on the virus in British Columbia.

Sited From:
<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/mental-health-addictions>

Return to class protocol

Return to Class Procedures for Children and Youth Classes

Children will wait with their care givers, and meet outside the entrance.

Impact will inform the students and caregivers about the following safety protocols:

1. All students will enter from the regular entrance.
2. Before entering children will be asked how they are feeling and checked visually for signs of illness.
3. Students will wash their hands after entering the gym.
4. They will take all their belongings to their designated space.
5. If a child is feeling ill they will be isolated and the caregiver will be called to pick up the child.
6. All equipment will be washed after every use by staff.
7. Students will use the washroom and staff will disinfect the washroom after each use.
8. Students will wash their hands after going to the washroom.
9. Students will stay 2m/six feet away from all other people including other students when possible.

Return to Class Procedures for Adult Classes

Clients will wait outside of the door until they are signaled that they can come in for the class. All individuals will be informed by an Impact staff member about the following safety protocol:

1. All members will enter from the front door, when invited in.
2. Clients will not come into the gym if they show or feel any symptoms.
3. Clients will sanitize their hands after entering the gym.
4. They will place their belongings away from other members' belongings.
5. All equipment will be washed after every individual use.
6. No sharing of equipment is allowed, with the exception of it being washed thoroughly first.
7. Hands need to be washed after the use of the washroom; a staff member will wash the surfaces of the washroom after every use.
8. Clients will remain 2m/six feet away from other clients and staff while at the gym when possible.



COVID-19

Coronavirus Disease

Preventative Measures – Protect Yourself



Wash hands with soap and water thoroughly and often



Avoid close contact with sick people (those with fever and cough)



Avoid touching eyes, nose, or mouth with unwashed hands



Avoid hugging, kissing, and shaking hands when greeting



Practice good health habits (sleeping, eating, keeping physically active)

Key Facts

What are the signs and symptoms of coronavirus disease 2019 (COVID-19)?

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Reported illnesses have ranged from mild symptoms to severe illness and death. Call your doctor if you develop these symptoms, and have been in close contact with a person known to have COVID-19, or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

How does this coronavirus disease 2019 (COVID-19) spread?

The virus that causes COVID-19 seems to be spreading from person-to-person

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

If You Get Sick

Prevent the spread of COVID-19 if you are sick, by taking the following steps to protect others

- Stay home if you're sick, except to get medical care
- Separate yourself from other people – and animals – in your home
- Call ahead before visiting your doctor
- Wear a facemask if you are sick
- Cover coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean and disinfect all "high-touch" surfaces everyday

Be Prepared

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Acquire necessary types of PPE and cleaning supplies.



Masks



Respiratory



Protective
Coveralls



Boots and
Shoe Covers



Face Shield



Disposable
Gloves



Biohazard
Response Kits

Stay Informed

Don't panic – it's important to remain calm and take everyday actions to stay healthy. The following resources are updated regularly as information becomes available:



Centers for Disease Control and Prevention
1-800-232-4636 | www.cdc.gov



Occupational Safety and Health Administration
1-800-321-OSHA | www.osha.gov



World Health Organization
1-202-974-3000 | www.who.int



American Red Cross
1-202-303-5000 | www.redcross.org