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## COVID-19 SAFETY GUIDELINES

**Vaccination is one of the most effective ways to protect our community against COVID-19. Evidence indicates that vaccines are effective at preventing transmission, and severe outcomes such as hospitalization and death. We encourage everyone to get vaccinated.**

- Do not enter the facility if you have a compromised immune system.
- Do not enter the facility if you have travelled outside of Canada within the last 10 days.
- Do not enter the facility if you experienced any cold or flu symptoms within the last 10 days.
- Do not enter the facility if you had close contact with someone that has demonstrated cold or flu symptoms within the last 10 days.

## POLICIES

- Members only. Walk-ins, guests, visitors and spectators are not allowed at this time.
- All members must verify their forehead temperature is normal upon entering the facility.
- Total members, class sizes, and the number of facility occupants will be restricted.
- Masks must be worn when entering the facility and in all non-workout areas.
- Members must pre-book classes using the booking system on our website.
- Members must provide their own training gloves and personal equipment.
- All adult members must spray and wipe down any equipment they use.
- Members should always use their own reusable drinking container.
- Members should always maintain their social distance.
- Members should always avoid sparring or grappling.

## FACILITY MODIFICATIONS

- We have automated ventilation systems to remove indoor air and bring in fresh outside air.
- We have automated humidity control systems to maintain ideal respiratory conditions.
- We have scheduled cleaning and ventilation intervals before and after every class.
- We have installed washable and waterproof wall surfaces in all high traffic areas.
- We have installed smart technology to eliminate all unnecessary contact points.
- We have installed on-site laundry facilities to sanitize all cleaning supplies daily.
- We have made disposable masks and nitrile gloves available.
- We have installed additional hand-sanitizer stations.

**Your health is our priority. We have made every effort to create the safest environment. Read our detailed [Covid-19 Safety Plan](#). Thank you for your continued support.**