



### **DCS Members Covid-19 Precautionary Measures**

1. Your Instructors will be wearing masks for every session. We will have masks provided for you if you choose to wear one, although it is not mandatory.
2. Due to our precautionary measures, if you feel ANY symptoms of illnesses please refrain from coming to the gym if you show up exhibiting any symptoms you will be asked to leave.
3. Your session will be held at our corner location and not at the main gym. The address 711 Gore Avenue.
4. There will be no glove rental. Please be sure to bring all your own gear for each session.
5. Thermometers will be on hand at the gym. Staff will be checked daily and anyone with a temperature of over 99 degrees Fahrenheit / 37 degrees Celsius will be sent home. Members may be checked and be asked to leave if temperatures are high.
6. Please wait outside for a staff member to let you in. Please arrive only 5-10 minutes prior to your session. Be aware of the designated entrance and exit doors, and use them appropriately.
7. Please stay at least two meters from our staff and any other client. You will be designated a training area with your trainer (Please check the floor for markings), and we ask that you please refrain from leaving this area unless necessary.
8. Only ONE person will be permitted in the washroom at a time. Footwear must be worn in bathrooms. Showers will not be available for use. Please be sure to wash and sanitize your hands & feet frequently.
9. Extra hand sanitizing stations are placed throughout the gym for everyone to use. Individuals are encouraged to bring their own towels, hand sanitizers and water.
10. There will be no back-to-back sessions. We will have a 15-minute gap between sessions and ask individuals to leave promptly after their session and we ask individuals to come only 5-10 minutes prior to their sessions and nothing more. This is to ensure that there will be less contact between individuals.
11. There will be hand sanitizers and wipes available at the gym. Individuals are encouraged to bring their own towels, water and hand sanitizers to enhance our safety measures.
12. Only non-contact payments will be accepted. No cash payments are permitted in accordance to the VCH. We can invoice you ahead of time so you can pay online, we also accept E-Transfers. If you pay by card in person, pin pads will be sanitized prior to every use.
13. We miss you all very much but please do not get offended when instructors cannot hug you, shake your hand or give you a hi-five. These actions will be prohibited to comply with social distancing protocols.
14. All participants must sign an Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19.

**In addition to all that you are doing to help us, the DCS staff is doing the following to make sure we ALL stay safe and healthy:**

- All pads, mats, and any other gear you come into contact with will be thoroughly sanitized between every session. Only approved disinfectants will be used.
- Washrooms, door handles, and all other high-contact areas will be cleaned and sanitized at regular intervals. All showers will be CLOSED.

**ADDRESS** 747 Gore Ave, Vancouver, BC V6A 2Z9 **PHONE** (604) 979-0709

**ONLINE** [diazcombatsports.com](http://diazcombatsports.com)  [@diazcombatsports](https://www.instagram.com/diazcombatsports)  [@diazcombat](https://twitter.com/diazcombat)  [facebook.com/diazcombatsports](https://facebook.com/diazcombatsports)