



DCS Members Covid-19 Precautionary Measures

1. 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. Upon entering DCS you agree that
 - A. You do not have any symptoms of Covid-19.
 - B. You have not been in contact or around someone that has tested positive for or shown symptoms of Covid-19.
 - C. You have not left the country and not quarantined for 14 days.
 - D. You have not been asked by the health authorities to self-isolate due to Covid-19 exposure.
 - E. You have not recently been to a house party or large indoor gathering.
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. Every member will be checked before entering and be asked to leave if temperatures are high.
6. Please wait outside for a staff member to let you in. Individuals will be let in once the gym has been sanitized and the class prior has left this is usually around 10-15 minutes prior to class. Be aware of the designated entrance and exit doors, and use them appropriately.
7. Please stay at least two meters from any other clients. You will be designated a training area please check the floor for markings. 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 immediately after their session. It is **MANDATORY** to leave immediately once your class has ended. Members will be let in once the gym has been sanitized and cleared of the class prior (around 10-15 min prior to class). 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. Late participants will not be permitted to take class. Those that come after class has started will be denied entry.
15. Small group training only will be permitted. You are to partner with only the same 5 other people through this time. If one of your partners is not in class you will be asked to do solo drills and an instructor will do their best to come around and work with you.
16. All participants must sign an Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19.
17. There will be no spectators permitted, no showers and no open gym times during the pandemic.
18. Failure to comply to these regulations will result in suspension and possible expulsion from DCS.

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.