

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

### INTRODUCTION

The Kingsway Boxing Club facility cleaning protocols have been updated to include professional antiviral and antibacterial ([Sanitrol](#)) cleaning products to be used when giving the gym a deep clean each day and in between use of all equipment. All Team KBC Coaches and Trainers have undergone Boxing Ontario Safety Protocol Training and we will continue to ensure training focused on procedures and protocols to continually enhance your safety.

### PHASE 3: TRAINING OPTIONS:

- **Membership Options:** Monthly Members have access to one (1) group class weekly with unlimited access to Virtual classes. [View All Schedules](#)
- **Pre-Scheduled Small-Group Classes:** We will be offering pre-scheduled small group classes at both locations.
- **Private, Semi-Private, and Group Training:** Both locations will be available to book for private and group training with your coach or trainer. Many clients are working with their trainers on a virtual platform, which will continue to be an option.
- **Member Only Open Training Hours:** Members will be able to book in at predetermined times to use the gym independent of the classes.

### AT THE START, DURING AND END OF CLASSES

1. **If you are not feeling 100% - please STAY HOME.** Kingsway Boxing Club will ensure that Members and Staff are not feeling sick or have any symptoms (runny nose, cough, watering eyes) with a pre-visit screening. - [View Next Step Protocols In Case Of Illness](#)
2. **Must Advance Register.** All training conducted at Kingsway Boxing Club locations will require advance registration. To implement contact tracing, all persons to enter the Kingsway Boxing Club locations, who do not have a prescheduled appointment, must sign in with the list provided.
3. **Class Sizes Reduced.** New gym capacity and class size guidelines strictly following COVID-19 protocol.
4. **Arrive On Time, But Not More Than 5 Mins Early.** Clients will arrive on time, but not too early. Please show up no earlier than 5 minutes before class and exit the gym immediately following the class or session (staff require time to sanitize between sessions)
5. **Wear your Mask To Enter And Exit.** Clients must wear face coverings to enter and exit all Kingsway Boxing Club Locations. During physical exertion, it is allowed and recommended that all face coverings are removed.
6. **No Spectators.** Kingsway Boxing Club will require drop-off and pickup only. Due to social distancing procedures, we will not have a place for spectators or parents (special arrangements can be discussed if necessary)
7. **Bring Your Own Equipment.** Kingsway Boxing Club will provide new equipment for purchase and ensure that members are informed that shared equipment will **not** be provided by Kingsway Boxing Club. The list includes but is not limited to: boxing gloves, hand wraps, water bottles and floor mats. Staff and clients must take home all personal equipment to ensure proper cleaning of personal items.

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

8. **Keep Your Physical Distance.** Social distance floor markers of 6ft will be used to maintain adequate gym spacing protocols. Each Member is spaced 2 meters apart on designated heavy bags. There will be a mapped out "workout space" for each Member during off bag exercises. This will ensure Members maintain proper physical distance for the duration of the class. Members and staff are required to stick to toe taps & mental fist bumps! We ask that everyone limit their contact while in the Gym.
9. **Clean Everything You Come In Contact With.** Additional cleaning solutions will be provided to aid in members wiping down equipment **before and after** the use of any common area or equipment.
10. **Limited Use Of Washrooms:** Please come prepared to train, if you need a space for your bag, we will have specifically marked areas for bag drop off maintaining social distancing. Signs are posted in bathrooms showing proper hand-washing techniques and timing.
11. **Sanitize Your Hands.** Hand-sanitizer stations are provided at all contact points. If you touch your face or anything that may spread bodily fluid, please reapply sanitizer.
12. **No Hand Pads Or Sparring.** Hand pads and sparring will be strictly limited to participants who have entered into a Social Circle Agreement with Kingsway Boxing Club.

## AFTER CLASS

1. Larger than normal gaps between classes will ensure that Staff has time to do a thorough cleaning of bags and equipment in-between classes.
2. Marked exit points for Members to ensure the flow of traffic and appropriate social distance.
3. Remain positive. Maintain routine. Stay organized.

## SPECIAL NOTES

1. Practice personal responsibility and attend Kingsway Boxing and High-Performance Studios at your own risk. If you are in a high-risk category or take care of someone who is, we understand that returning to Kingsway Boxing and High-Performance Studios may not be the right decision for you. By choosing to attend a class at Kingsway Boxing, even with the increased safety measures, you acknowledge and accept the additional risks associated with the global health pandemic COVID-19.
2. Please familiarize yourself with this "new normal" and do not hesitate to email us if you have any questions or concerns. [info@kingswayboxingclub.com](mailto:info@kingswayboxingclub.com)
3. If you have recently traveled please do not return to the gym until the government has deemed it safe to.
4. If you have tested positive for COVID-19 or come in contact with someone who has we ask that you refrain from coming to the gym until you have been cleared with a negative COVID-19 test.

**We thank you for your support as we return safely to training and  
our very important safety protocols.**

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

### PURPOSE

The purpose of this COVID-19 Guideline is to ensure that proper precautions are taken for the reopening of Kingsway Boxing Club. By following this policy, employees, volunteers, members, visitors and contractors will reduce risk of infection to themselves and others.

### SCOPE

This procedure is applicable to all Kingsway Boxing Club employees, volunteers and all contractors performing work on Kingsway Boxing Club property.

### RESPONSIBILITY

All Kingsway Boxing Club employees are responsible for implementation, adherence and execution of this procedure and the [Boxing Ontario Return To Training Protocols](#)

### DEFINITIONS

- COVID-19:** A mild to severe respiratory illness that is caused by a coronavirus (*Severe acute respiratory syndrome coronavirus 2* of the genus *Betacoronavirus*), is transmitted chiefly by contact with infectious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus, and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure
- Coronavirus:** Any of a family of large single-stranded RNA viruses that have a lipid envelope studded with club-shaped spike proteins, infect birds and many mammals including humans, and include the causative agents of MERS, SARS and COVID-19.
- Social Distancing:** The practice of maintaining a greater than usual physical distance (such as six feet or more) from other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection
- Passive Screening:** The practice of using signage and information to allow a patron to self-identify to a specific location or person if they experience COVID-19 symptoms
- Active Screening:** The practice of identifying if a person is experiencing COVID-19 symptoms.

### PROCEDURE

#### Information and Instruction

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

Kingsway Boxing Club will ensure that a COVID-19 information board is posted at the entrance to the facility. The COVID-19 Information board will contain information on COVID-19 for members, volunteers, workers and visitors. Information and signs will be posted to notify all who enter that they must not enter if they have common symptoms of COVID-19.

Additional signs will be posted on the COVID-19 information board with information respecting to:

- a) Social Distancing
- b) Self-Screening
- c) Cleaning and Disinfecting
- d) Personal Protective Equipment care and use
- e) Handwashing Instructions (washrooms)

### Social/Physical Distancing

- i. The number of patrons allowed into the facility at any one time will be limited to ensure that there is sufficient space to allow members the ability to remain two metres apart from one another.
- ii. Kingsway Boxing Club will provide administrative controls by the way of arrows and signs to ensure that members and visitor follow a path of travel that permits social distancing and mitigates congregation.
- iii. Any staff or volunteers that have any symptoms of the illness shall be required to self-isolate and contact their care provider.
- iv. Kingsway Boxing Club will encourage physical distancing and will discourage congregation. Members will be encouraged to conduct their workout and exit the facility without unnecessary delay when classes have completed.
- v. Kingsway Boxing Club will provide new equipment for purchase and ensure that members are informed that shared equipment will not be provided by Kingsway Boxing Club. List includes but is not limited to: boxing gloves, hand wraps, water bottles and floor mats.
- vi. Kingsway Boxing Club will require any and all payment to be made using electronic or contactless forms of payment prior to attendance.
- vii. Updated Guidelines and Protocols Visit: [KBC Response to COVID-19](#)

### Screening Measures

- viii. Kingsway Boxing Club will have at least one safety protocol trained staff member present when the club is open for business.

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

- ix. Kingsway Boxing Club will conduct active screening measures for all members and visitors. Additionally all members and visitors will be asked a standard set of questions to screen for symptoms of COVID-19 when scheduling sessions and before entering any Kingsway Boxing Location. Any member or visitor that answers yes to any of the pre-screening questions will not be permitted to enter the facility.
- x. Kingsway Boxing Club will also provide passive screening measures for all members and visitors by means of the COVID-19 information board.

### General Cleaning and Disinfecting

- xi. Kingsway Boxing Club will provide hand sanitizer stations and soaps at the hand washing station in the washroom and designated locations around gym.
- xii. Kingsway Boxing Club will ensure that all high-touch surfaces are disinfected before and after use by disinfectants listed on the Health Canada website identified as a disinfectant and has been confirmed to be effective against COVID-19. Kingsway Boxing Club will also ensure the disinfectants are used according to manufacturer's directions
- xiii. Kingsway Boxing Club training times will be posted on the Kingsway Boxing Club website and social media accounts thus giving workers adequate time to disinfect equipment and surfaces before and after each class.
- xiv. Kingsway Boxing Club will require all members to arrive at the gym in workout clothes and to only use the washrooms for use of toilet and handwashing. All change rooms will be off limits for use by members.
- xv. Kingsway Boxing Club will ensure that exercises routines that have been previously accepted as safe by the Boxing Ontario COVID-19 Task Force are adhered to. Exercise routines that have been deemed as restricted shall not be performed
- xvi. Kingsway Boxing Club workers and volunteers will ensure that surfaces are immediately cleaned if any employees, volunteers, members, visitors or contractor is observed to have sneezed in the facility.

## RETURN TO SAFE SPORT PROTOCOLS BOXING ONTARIO SANCTIONED

---

### 24-hr Staff Cleaning Process

- xvii. Club owner/management will open gym facilities in the morning and sanitize all equipment and training areas before clients enter facility.
- xviii. Members/clients will be required to wipe all areas and bags/equipment in which they will be in contact with before and after use. The solutions provided are sanitizing spray ([Sanitrol Information](#)), which kills all bacteria and viruses.
- xix. Minimum 15 minutes will be allotted between sessions to allow gym to be sanitized and cleaned before the next class/client enters the facility.
- xx. Club owner/management will close gym facilities at the end of the day following completion of all classes and sessions. Sanitization of all equipment and training areas will be conducted on all equipment and surfaces.

### Personal Protective Equipment

Kingsway Boxing Club will ensure that PPE is available for all workers that request them.

### CONCLUSION

Kingsway Boxing Club will ensure that adherence to these guidelines are maintained and Kingsway Boxing Club will strive for the continual improvement of these guidelines. Kingsway Boxing Club will ensure that it stays informed of any and all changes to COVID-19 information obtained from Public Health Canada website and Boxing Ontario COVID-10 Task Force.