



YOUR HEALTHY CHOICE AMBASSADOR

COVID-19 AND MJKO BOXING

At MJKO Boxing, the health and safety of our staff, volunteers, families and community members is our top priority. Due to COVID-19 and new restrictions, MJKO Boxing would like to share some of the changes we have made to our programs and services, in consultation with Toronto Public Health, Public Health Ontario and Second Harvest.

MJKO Boxing Programs

All our boxing programs as of March 2020 are held online using social media platforms: Instagram, Facebook, YouTube, Twitter, Zoom and Webex.

Check out <https://linktr.ee/MJKOBoxing> to access some of the different platforms all in one place 😊

Saturday Food Pick-Up (Registered Clients)

Currently, MJKO Boxing **will NOT be suspending any Food Pick-Ups** and will **continue to run our Saturday Food Program as scheduled during the lockdown and beyond**. We are actively following Public Health protocols. We will provide updates and information to the community as soon as possible, if/when any changes to our services arise.

For the health, safety and protection of our frontline staff and volunteers, you can expect the following service changes and practices during upcoming food pick-ups.

- MJKO Champion Centre Doors will be locked.
- A MJKO staff/volunteer will be stationed at the door at 12 noon and onwards.
- Clients will have to wait outside and MJKO staff/volunteer will bring the food package outside. (Curbside pick-up).
- We will continue to keep an attendance record of all staff, volunteers and visitors. (Including name, date, time, email address or phone number) Personal information collected can only be used for contract tracing and will be kept in locked drawer or office for 30 days, and then shredded.

If you have any questions or would like more details, please contact us:

Executive Director, Miranda Kamal at miranda.kamal@mjko.ca or 416-886-7390.

Client Relations Manager, Anna Zhang at anna.zhang@mjko.ca or 647-885-8817.

Updated **MONDAY NOVEMBER 23, 2020**

MJKO.CA

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info@mjko.ca (T) 416 886 7390 [facebook.com/mjkoboxing](https://www.facebook.com/mjkoboxing)



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Staff and Volunteers

At MJKO Boxing, our top priority is the health and safety of our volunteers and staff. With that said, we hope that all volunteers and staff feel safe and comfortable when volunteering. We ask that if you no longer feel safe supporting the food program that you let us know as soon as possible. We will understand and support your decision.

- Social Gatherings: limited to 10 people indoors (under the Provincial Ontario Act)
- Everyone should wear a mask indoors, with some exceptions.
- Health Screening Test: Staff and volunteers must [be screened for symptoms of COVID-19](#) before every shift or event.
- Post the [COVID-19 screening](#) online and at entrances to encourage visitors to self-screen.
- Anyone feeling unwell should stay home, even if their symptoms are mild.
- If someone becomes sick, they will have to leave or be isolated upstairs until emergency personal can arrive.
- We will have personal protective equipment (medical mask, gloves, gown, face shield) available if needed.
- Staff/volunteers will be assigned to clean and disinfect at least twice daily.
- We will have a cleaning log to track completed activities
- We will purchase a HEPA filter for the vacuum and STOP sweeping floors.
- We will continue to empty waste bins often.

To prevent the spread of COVID-19, please avoid volunteer activities at MJKO Boxing if you are experiencing the below symptoms:

- Feeling tired
- Difficulty breathing
- A high temperature
- A cough and/or sore throat

These symptoms are similar to other respiratory diseases, including flu and the common cold.

Please avoid volunteer activities at MJKO Boxing if you have **travelled outside of the country** or have come in close contact with someone who has been **exposed to a case of COVID-19** within the last 14 days. Please quarantine for 14 days to reduce the spread of the coronavirus. Thank you.

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COVID-19 Guidelines

How to avoid getting the Coronavirus:

- Wash your hands regularly using soap and water for at least 20 seconds; wash your hands after touching your face and or other objects .
- Avoid touching face (eyes, nose, mouth) with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cough/sneeze into your sleeve or use a tissue, **immediately** throw the tissue in the garbage and wash your hands
- Clean and disinfect frequently touched objects and surfaces often

**We recognize that this situation is constantly evolving therefore, if we hear of any changes, we will update the community as needed. Thank you!

These guidelines have been taken from <https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/covid-19-reopening-guidelines-for-businesses-organizations/covid-19-guidance-faith-based-organizations/>
last updated November 22, 2020

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