

Karate PEI COVID19 Return to Training Plan - Amended

POSITION STATEMENT ON RE-OPENING DURING COVID-19

This document was developed as a guideline to assist karate club / dojo owners in PEI to mitigate risk in the return to karate training during the COVID-19 pandemic. The strategies provided by Karate PEI follow the advice and recommendations from the Karate Canada and Health PEI. The guidelines set by Karate PEI do not supersede or replace any requirements or recommendation from provincial health authorities. As our knowledge of the virus is rapidly changing, this document may be updated to ensure that the information provided respects current medical advice. Ensure you are applying the most up-to-date version of this document.

Individual club / dojo owners and / or directors must ensure that they comply with the guidelines set out by Health PEI. This is particularly important with respect to rules for personal protective equipment, physical distancing and allowable gathering numbers. Club / dojo owners and/or directors should stay vigilant for changes to legislation and policies implemented by local health authorities and should be prepared to align their operating procedures when conditions change. Club/dojo owners and directors should also ensure they are communicating operational changes with their insurance companies and their participants. Karate PEI has identified key strategies to assist club / dojo owners and directors reduce the risk of spread of COVID-19 while re-opening their clubs / dojos for training.

STRATEGIES FOR REDUCING RISK OF COVID-19 SPREAD DURING REOPENING OF KARATE CLUBS / DOJOS

1. Physical distancing requirements - Updated

All participants, coaches and staff should attempt to keep a physical distance of 2m apart at all times. When it is impossible to maintain the 2M distance masks need to be worn to reduce the chance of spreading COVID19.

Kumite (Sparring)

Physical contact will only be permitted if masks are in place and protective equipment is being used and sanitized between partners. Training partners should be limited and ideally only one partner will be utilized per training session. All protective equipment (gloves, foot/shin/external chest guards) need to be sanitized between sessions and anytime a training partner is changed.

Bunkai (Kata Application/grappling)

Physical contact will be required to practice many of the kata applications. In order to reduce the risk during these activities masks must be worn at all times. Karate PEI is asking that within each dojo that there are three person training “bubbles” created. These three persons will have an exclusive training relationship. Partners cannot be adjusted without a one week isolation period, this will help ensure that we are not changing partners each class.

It is also recommended that students/instructors wash their hands before and immediately following a training session where there is person to person contact.

These training bubbles may and should extend into other training sessions. For example if you are training with the provincial team and practicing bunkia you will need to include your provincial training partner in you three person bubble.

Class Operations

Class schedules should include a defined 15min arrival period and defined 15 min departure period following each class. For example, if a class ends at 6:00 pm, all participants must exit the facility by 6:15 pm and participants scheduled for the 6:30 class may arrive no earlier than 6:15 pm. This additional time between classes will likely mean offering shorter classes and/or fewer classes, but it is vital to ensure both physical distancing as well as adherence to maximum gathering numbers. This time between classes also allows for the sanitization of the facility.

Greetings, exercises and training drills should be modified to comply with physical distancing and physical contact rules. Systematic entry and dismissal protocols will be required. If possible, use a separate entrance and exit, and directional markers on the floor to direct traffic.

2. Sanitation requirements

It is the club / dojo owner / director's responsibility to ensure the proper sanitation of all areas within their facility. All equipment used must be disinfected after each individual use. Products used for disinfection must be labelled as a virucide and must be used according to manufacturer's directions. In order to be effective, many disinfection products need a minimum amount of time to dry. This drying time must be incorporated in your time between classes. All high contact surfaces, such as doorknobs, counters and benches must be wiped before the start of every class. Gym mats and washrooms must be sanitized daily, and preferably after each session (class).

3. Personal hygiene requirements

Club / dojo owners / directors must ensure that everyone who visits the club / dojo is aware of personal hygiene requirements. Signage and emails to members are the best ways of conveying personal hygiene requirements and help members understand the actions you are taking to reduce risk.

Club / dojo members should perform a COVID-19 self-assessment questionnaire before they leave their home. To assist in compliance, club / dojo owners / directors are encouraged to email the link of their local self-assessment questionnaire to club / dojo members and visitors. Those who may have been exposed to COVID-19 should seek further medical attention instead of attending the club / dojo.

Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but must be reinforced in the club / dojo.

Hand sanitizer must be available upon entry into the club / dojo as well as within the training areas.

Hand washing sinks should be readily available and soap supplies must be regularly monitored. Athletes should arrive already in uniform. If athletes use public transit to come to training, they should wear a tracksuit over their uniform to keep it clean. Use of change rooms and showers is not recommended.

Water fountains must not be used. Athletes should bring their own water bottle, which will be stored in their own exclusive training area. It is recommended to have a periodic interruption in class for hand sanitizing depending on the level of contact between students and surfaces. Exercises that require the members to touch the mats with their hands (like push-ups) should be minimized. Members are encouraged to bring their own personal yoga mat for times when hand contact on the mat can not effectively be avoided. Members are responsible for the daily sanitation of their personal mat.

An instructor who teaches multiple classes may choose to wear a mask to limit exposure to the members. Members may wear masks during training but this does not replace the requirement for physical distancing.

4. Public gathering requirements

Ensure that you comply with maximum public gatherings limits. If your club has space to accommodate 12 individual training areas, but your local health authority allows public gatherings of 10 or less, then you may have 1 instructor and 9 athletes per class. Physical distancing requirements must be in place. It is recommended that all classes be drop-off and pick-up only in order to comply with the public gathering ratios. Parents should not be allowed to stay in the facility to observe class. In the special cases where parents would need to stay, they are recommended to wear a mask and are required to stay 2m apart and they must be included in your total group size.

Accurate attendance tracking is essential. Keep good daily records of all persons who enter your club, with a focus on full names and times of entry.

It is recommended that a designated club / dojo administrator be given the role of handling the phased approach to re-opening. This includes keeping up to date with changes and recommendations from the provincial government, emailing members the self-assessment questionnaire before each class, collecting and monitoring attendance, and overseeing other COVID-19 related tasks.

Other Notes

- You are an example of behaviour – if you take this seriously, so will your members.
- Keep club / dojo members informed about what you are doing to reduce risk.
- Ensure that you consider hygiene in both your public and staff-only spaces.
- Maintain an adequate amount of hygienic supplies and ensure that you have a supplier who can reliably supply you.
- COVID-19 can be spread by aerosol transmission. Ensure that you have adequate air exchange and when possible open a window to encourage fresh air circulation. Doors should be propped open whenever possible to assist with air flow and reduce the risk of contamination from opening and closing doors.
- Should a student feel or appear unwell during class, the class will be ended immediately, the student will be asked to leave. Following this, the instructor should contact their public health authority for direction and no further classes should run that day. Those who may have been exposed to COVID-19 should seek further medical attention instead of returning to the club / dojo. Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but should still be reinforced in the club / dojo. Hand sanitizer must be available upon entry into the club / dojo as well as within the training areas. Hand washing sinks should be readily available and soap supplies should be regularly monitored.