

Vancouver Seiyu Karate Covid-19 Safety Operational Measures



May 20, 2020

On the advice of the Provincial Medical Health Officer, our in-person dojo operation was suspended on Monday, March 16, 2020 as a precautionary measure to help stop COVID-19 from spreading. On Friday, May 15, the BC government updated its reopening plan, which consists of four phases. Recreation/Sports services are to be included in Phase 2 effective May 19, 2020.

This allows us as a Martial Arts club to reopen our dojos provided there are adequate safety measures in place at our operations. While we are pleased to resume the in-person training with our students, we must implement appropriate steps to adapt ourselves to new normal.

Please find our reopening plan outlined below. It was created based on the information provided by the BC Ministry of Health and the advice of Sempai Kris Erickson, a Paramedic Specialist of the BC Emergency Health Service.

1) Reopening Plan

a) Vancouver Downtown / Killarney / Richmond

- i) September: Downtown Dojo re-opens when the church re-opens its facilities.
- ii) September-January: Killarney Dojo re-opens when the City of Vancouver re-opens the community centers
- iii) Richmond Dojo will be closed until we find a new location. Students of the dojo are asked to join either the online class or the Downtown/Killarney dojos when they re-open.

b) Online Class

We will keep the "Train Online" classes available for all students at least until both the Downtown and Killarney dojos re-open.

2) Safety Measures

a) Before coming to the dojo

- i) All students and parents who have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition must stay home for ten days, or until symptoms resolve, whichever is longer.

- ii) If the instructor sees that someone has come with symptoms such as cough, fever, runny nose that are not due to allergies or underlying health conditions they will be sent home and asked not to return for 14 days.
- iii) Change into dogi at home if possible. This will decrease the number of trips that students make to the change room in the dojo. It will then lower the risk of infection by avoiding unnecessary contact with the door and knobs.

b) In the Dojo

- i) Hand sanitizer is available at entrance. All students should use it as they enter the dojo after touching the door knob. Students should refrain from touching their face after entering the dojo.
- ii) All students and teachers are required to keep 2 meters distance from others.
- iii) All students and teachers must cough or sneeze into their elbow sleeve or tissue.
- iv) One student should use the change room at once; if the change room is being used, wait outside the door (maintaining 2 meters distance from others who are waiting) until the change room is free.
- v) Students should wipe down surfaces they touch (sink taps, toilet handles) with warm water and soap on a paper towel before exiting the change room, and should wash their hands thoroughly before leaving.
- vi) All students need to wash their hands thoroughly or use hand sanitizer before a class begins.

c) During Class

- i) The number of students attending a class is limited to 4-9, depending on the number of students from same household and the dojo size. The number of family members observing a class is limited to one person per student from the same household.
- ii) When class is started, take your position at a designated spot which is marked on the floor. The marks are placed 2 meters apart.
- iii) Each student is required to stay at the same spot throughout a class.
- iv) For partner training, students will use a kicking pad attached to a long pole and handle to maintain the 2 meters distance.
- v) Instructors will wear a mask to prevent droplet transmission.
- vi) Students are encouraged to wear a mask although it is not mandatory. However, they are only allowed to kiai on every tenth count of Kihon techniques instead of every single count.
- vii) Contact training is not allowed, including correction of body position by instructors, sparring and hand-shaking.

d) If a Student Develops Symptoms

- i) If a student develops symptoms, they will be separated from others in a designated area near the exit door.

- ii) The instructor will provide them with tissues to cover their coughs, phone family members to immediately pick the student up, and remain 2 meters distant at all times until their family member comes to pick them up.
- iii) The class will be dismissed immediately.
- iv) The instructor will conduct facility cleaning, and maintain diligent hand hygiene.
- v) At any time, the instructor may call 811 if they think it's necessary, to notify a potential case and seek further input from the authority.

e) After Class

- i) All students are encouraged to leave the dojo without unnecessary delay.
- ii) Students are encouraged to use hand sanitizer as they leave the dojo.
- iii) If possible, leave with dogi on instead of changing in the change room.
- iv) Students are required to notify the instructor by email or phone if they have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition, have been in close contact with someone who is confirmed as COVID-positive, or have traveled outside the country.
- v) Under any of these circumstances, unless tested for COVID-19 and test results come back negative, students are not permitted to attend class for 10 days (or 14 days if they have been in close contact with someone who has tested as COVID positive).

We will follow these safety measures when we conduct a class in the dojo so that our students can safely enjoy learning Karate. Please note that providing a safe training environment is our first priority. We thank you in advance for your cooperation and continued support of our club during this difficult time.

Best regards,



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