



# Bushido Karate Association COVID-19 Guidelines for Outdoor and Indoor Training

Updated as of August 20th, 2020.

## • Preparation

- Each class must be supervised by someone over the age of 18 who maintains responsibility for adherence to guidelines.
- Participants must be instructed to stay at home if they are feeling unwell. COVID-19 Screening checklist must be completed prior to the start of each class.
- If the floor instructor or Designated Instructor notes that a participant is exhibiting symptoms of illness, that individual should be asked to leave.
- Participants must be instructed to stay at home if they have come into close contact with a known COVID case.

## Student Screening & Hygiene Requirements

### • Before Coming To Class:

- Complete the online COVID-19 Self-Assessment (<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>).
- ***If you have any symptoms stay home and follow AHS recommendations.***
- Use the washroom at home prior to class to minimize the use of Grandview facilities (if available)
- Attendees should complete the Student Checklist prior to every class (in Appendix A)

Workout Attire	Things to Bring to Class
Come to class already changed into your gi/workout attire (bathrooms cannot be used for changing)	Appropriate gear for possible outdoor training in the summer months (e.g. track jacket, bug spray, sunscreen, running shoes, etc)
Equipment/gis should be visibly clean	Personal water bottle(s), filled
	If possible, personal hand sanitizer
	If desired, yoga mat or similar for floor exercises

### • In-Class Requirements

#### ○ General Requirements

- Review the symptom checklist on the door when you arrive. If you have any symptoms you should not watch or participate.
- If you develop symptoms during the course of a class, immediately cease activity and notify an instructor (see Symptom Protocol section).
- Bring your own equipment/water bottles/personal items and do not share unless from the same household.
- Perform frequent hand hygiene before, during, and after the activity. Use hand sanitizer every time you enter and every time you leave the dojo (where you bow in and out).
  - Hand sanitizer will be provided on-site, but if possible you are encouraged to carry and use your own.
- After any activities requiring hand contact with the floor, use hand sanitizer (before touching your face).

- If at any point during class you feel that you need to use hand sanitizer, please do so at your discretion (you DO NOT need to ask an instructor to leave the floor).
    - Refrain from touching your eyes, nose, mouth, and face.
    - Exhibit good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
    - If BKA equipment is provided, it should be assigned to one person only and be cleaned and disinfected upon return. Do not use equipment that cannot be disinfected.
  - **Adult Program Specific Requirements**
    - You may choose to use a personal yoga mat or other to avoid direct contact with the dojo floor.
  - **Youth Program Specific Requirements**
    - Upon arrival at the dojo, please bring your footwear to the back door of the facility. This is where youth members will exit the building at the completion of the class.
    - Spectator seating will not be available inside the dojo. Parents are welcome to watch from the hallways while maintaining social distancing.
- **Masks**
  - Per City of Edmonton guidelines, students (and parents) are expected to wear a mask in all public indoor areas. This includes the facility entryway and hallways, as well as washroom facilities.
  - Masking is not required during physical activity, but students may wear a mask during class if so desired.
  - Masks are NOT recommended to be worn when conducting intense physical activities. Under current guidelines, activity intensity will be reduced in class by limiting typically high intensity activities like sparring, grappling, and pad striking.
    - “Masks and face shields cannot be assured to stay in place during the course of intense activity.”
    - “There is some evidence to suggest that wearing a mask during high-intensity activities could have negative health effects.”
  - Instructors will be required to wear masks for teaching of all youth classes, and for teaching adult classes as required.

## Public Gathering Requirements

- Outdoor Training (Grandview Heights Field/Courts): Maximum Number of People is 100.
- Indoor Training (Grandview Dojo): Maximum Number of People is 50.
  - Class size will still be limited by physical distancing. We will permit as many athletes as the Grandview community hall can accommodate with appropriate physical distancing in place.
    - Grandview’s capacity with physical distancing measures in place (2.5 m / attendee) will hold 18 attendees plus the instructor team. This will be our class size cap for the fall 2020 term.
      - If spacing allows, social distancing will be increased to 3 m or more. This becomes more important in the BKA Adult Program. Note that this number reduces the number of participants on the floor to 15, or less.
  - There will be no viewing area with chairs set up in the main hall. Parents are welcome to watch youth programs from the hallways of the facility, while maintaining social distancing.

## Physical Distancing Requirements

While the instructors are doing their utmost to ensure we are following appropriate precautions and creating a safe environment for everyone, we acknowledge that students may have different risk tolerances for a variety of reasons. Therefore, if you feel unsafe with any drill or activity it is completely acceptable for you to sit out that portion of the class, and you should not feel pressured to participate if you are uncomfortable doing so.

- **Outdoor Training**
  - Students will maintain a minimum of 3 m distance apart during training. Spaces will be marked by a pylon. Please keep personal gear (water bottle etc) in your designated space.
  - We will NOT practice kumite, bunkai, or any other partnered drills.
  - Please be attentive to any additional requests the instructors make to ensure safe distancing.
  - Maintain 3 m minimum distance during breaks, before, and after class.
  - Arrive no more than 10 min before class; if you arrive earlier please wait in your vehicle. Limit socializing in the parking lot.
  
- **Indoor Training**
  - Maximum capacity for Grandview is 18 participants plus the instructor team.
    - If attendance exceeds this capacity some or all of the class will be moved outdoors, weather permitting.
  - Front doors of the Grandview facility will be used for entry only; back doors for exit.
  - Students will maintain a minimum of 2.5 m distance apart during training. Spaces will be marked by tape.
  - Bags can be kept in the facility hallways as long as they are 2 m away from each other. Bags CAN NOT be kept in the dojo or change rooms.
  - Maintain 3 m minimum distance during breaks, before, and after class, including when entering and leaving the facility. Double entrance doors will be propped open to facilitate this.
  - When formal breaks are called by the floor instructor, students are encouraged to remain close to their designated training space. Students can place their water bottles along the perimeter of the dojo at 3 m intervals to make it easier to re-hydrate during breaks while maintaining physical distancing.
  - Change rooms CANNOT be used for changing. Bathrooms are available for use one at a time (if the lights are on, wait). To limit bathroom line-ups, if you need to use the bathroom during class, bow out and leave to do so; you do not need to wait for a formal break or ask for instructor permission.
  - Under current guidelines, we will NOT practice kumite, bunkai, or any other partnered drills.
    - This will be subject to review as the term goes on, pending guideline changes.
  - Avoid kiai-ing or shouting loudly during training, as per provincial guidelines: “Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.”
  - Please be attentive to any additional requests the instructors make to ensure safe distancing.
  - After class, please exit the dojo one at a time, maintaining appropriate distance from the person leaving ahead of you.
  - Arrive no more than 10 min before class; if you arrive earlier please wait in your vehicle. Limit socializing in the parking lot before and after class.

## Sanitation Requirements for Indoor Training

- **Grandview Responsibilities**
  - Encourage guests to wash or sanitize their hands before and after touching common surfaces.
  - Tables, chairs and other used items should be cleaned and disinfected before and after use.
  - Washrooms should be cleaned and disinfected frequently.
  - Appropriate Signage For Event to cover masks, physical distancing, etc. must be displayed in appropriate areas.
  
- **BKA Responsibilities**
  - Prop open front double doors (exterior and interior), and back door.
  - Open all windows to increase airflow.
  - Wipe down door handles (entry, changerooms/stalls, dojo doors), light switches, sink taps (bathrooms, kitchen), countertops, with disinfectant.
    - Instructors must ensure that used cleaning supplies are properly disposed of in a lined waste bin.
  - Sweep dojo floor.

## **PPE & Sanitizer Supplies**

- Hand sanitizer (large bottles x6) at all dojo entrances, counter/with first aid bag, front window sill, and building entrance
- Individual hand sanitizer bottles to distribute to club members (one-time only)
- 1 box disposable face masks
- 1 box M disposable nitrile gloves
- Lysol wipes
- Hand soap for bathrooms (x2)
- Paper towel for bathrooms (x2)

## **Attendance/Contact Tracing**

- Attendance lists will continue to be kept for each class.
- In the event that instructors are made aware that an attendee tests positive, other attendees of that class will be notified of possible exposure (no personal information of the individual who tested positive, including name, will be disclosed to other attendees).

## **Communications**

- Schedule for Classes to be supplied to all members.
- Payment for registration or training gear must be completed via e-Transfer (to [sales@edmonton-karate.com](mailto:sales@edmonton-karate.com)) to limit physical contact and handling of cash/cheques.
- If an outdoor class is scheduled and inclement weather prevents this/the hall is unavailable/hall capacity is exceeded, students will be contacted (BY 3:00 PM) by email to schedule a Zoom class.
- An email with an updated 2020 waiver and link to COVID self-assessment tool will be sent to all club members.
- A symptom screening checklist will be posted at the front door of the dojo.
- Locations of hand sanitizer will be clearly indicated.
- Location of first aid bag will be clearly indicated.
- Designated training areas will be clearly indicated.
- Entry and exit doors will be clearly indicated.
- Signs on washrooms indicating bathroom protocol (one at a time, lights indicate occupied) will be posted.

## **Waiver/Liability**

- The BKA has released new waivers for 2020 with updated statements on COVID-19 for all members.
- Students will need to fill out the updated 2020 Member Application and Waiver prior to returning to in-person training.
  - <http://www.edmonton-karate.com/register-online/>

## **Designated Instructor in Charge of Protocol Enforcement**

- A senior instructor who is NOT the floor instructor will be in charge of ensuring that COVID protocols are followed and troubleshooting as necessary.
- This Designated Instructor will be clearly identified at the start of each class.

## **Protocol if First Aid Required**

- If you do not require assistance, proceed to the first aid station while maintaining 2 m distance from all other attendees.
- Use hand sanitizer prior to touching any first aid supplies and before applying band-aids etc.
- If you DO require assistance, cease activity, and raise your hand. The Designated Instructor will mask and glove and come to you, and provide assistance as needed.

## **Protocol if Symptoms Develop**

- If symptoms develop, cease activity immediately and raise your hand. The Designated Instructor will mask and glove and come to you.
- You will be provided with a disposable mask to put on immediately.
- If necessary, arrangements will be made for your safe travel home.
- At the discretion of the instructors, the class may be ended early.
- All other participants should perform hand hygiene.
- If indoors: all equipment and surfaces that may have come into contact with the symptomatic participant will be cleaned
- If indoors: Grandview will be notified of the exposure for cleaning purposes

## **Protocol if COVID Exposure Occurs**

- If we are notified that a club member has tested positive for COVID-19 and that student has attended any classes within the last 14 days, we will inform all students of potential exposure, and may move to online classes for two weeks from our last class, with guidance from Alberta Health Services.

# Appendix A: Student Checklist

Use this checklist to prepare for training.

- **Before You Leave Home**
  - Complete the Health Screening Tool from Alberta Health Services
    - <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
  - Eat before you come -- no food on the premises
  - Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
  - Thoroughly wash water bottles with soap and warm water.
  - Bring filled water bottle(s).
  - Bring thoroughly washed equipment (karate gear, focus mitts, etc).
  - Bring equipment for training outside including: sneakers, track jacket, bug spray, sunscreen, etc.
  - Use the washroom at home prior to class to minimize the use of Grandview facilities (if available)
  - Bring personal hand sanitizer
- **Arrival**
  - Meet at the designated location.
  - Review the COVID symptom checklist on site.
  - Register your attendance and provide confirmation that you are symptom-free.
  - Respect physical distancing guidelines.
  - Complete hand hygiene.
  - DO NOT share water bottles or other gear.
  - Follow traffic flow signs at your location.
  - Youth program students: place footwear at back door of Grandview facility
- **After Activity is Complete**
  - No Loitering
  - Exit through established exits.
  - Complete hand hygiene.
  - Follow traffic flow signs out of your location.
  - Respect physical distancing guidelines.
  - Thoroughly wash water bottles with soap and warm water.
  - Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)

## Appendix B: Screening Checklist

If an individual answers yes to any of the questions, they must not be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity, have any of the below symptoms:	YES	NO
	Fever	<input type="checkbox"/>	<input type="checkbox"/>
	Cough	<input type="checkbox"/>	<input type="checkbox"/>
	Shortness of Breath / Difficulty Breathing	<input type="checkbox"/>	<input type="checkbox"/>
	Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
	Chills	<input type="checkbox"/>	<input type="checkbox"/>
	Painful swallowing	<input type="checkbox"/>	<input type="checkbox"/>
	Runny Nose / Nasal Congestion	<input type="checkbox"/>	<input type="checkbox"/>
	Feeling unwell / Fatigued	<input type="checkbox"/>	<input type="checkbox"/>
	Nausea / Vomiting / Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
	Unexplained loss of appetite	<input type="checkbox"/>	<input type="checkbox"/>
	Loss of sense of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
	Muscle/ Joint aches	<input type="checkbox"/>	<input type="checkbox"/>
	Headache	<input type="checkbox"/>	<input type="checkbox"/>
	Conjunctivitis (Pink-Eye)	<input type="checkbox"/>	<input type="checkbox"/>
2.	Have you, or anyone in your household, traveled outside of Canada in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Have you or your children attending the program had close unprotected* contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with a cough and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered "yes" to any of the above questions do not participate. Go home and use the AHS Online Assessment Tool to determine if testing is recommended.

## Appendix C: Instructor Checklist

Instructors should familiarize themselves with the entirety of the protocol document.

- Outdoor Training:
  - Pylons need to be put out at 5 meter x 5 meter grid for students to have an area in which to train and enough space to keep their assorted gear nearby.
  - Symptom checklist needs to be made visible at entrance to the training area.
  - First aid bag (including masks and gloves) needs to be brought out and placed in a clearly indicated location.
  - Hand sanitizer needs to be brought out of Grandview and placed in a clearly indicated location.
  - Designated Instructor in charge of Protocol Enforcement must be chosen and clearly indicated to all students.
  - In introducing the class, floor instructor is responsible to communicate:
    - Reinforce social distance messaging for arrival, departure, and in class training.
    - Indicate identity and role of the designated instructor to students.
    - Indicate location of all appropriate equipment as described above.
    - Review protocol for individual training areas and water breaks.
    - Review protocol for first aid, or if any symptoms develop.
    - Reinforce that students need not wait for instructor approval for water breaks, hand sanitizer, etc. Students can also choose to not participate in activities as they see fit.
- Indoor Training:
  - Cleaning and Sanitizing Protocols:
    - Sweep dojo floor.
    - With disinfectant, wipe down:
      - all door handles
      - bathroom doors
      - sink taps
      - countertops
      - light switches
    - Instructors must ensure that used cleaning supplies are properly disposed of in a lined waste bin.
  - To increase airflow, prop open front and back doors to Grandview, and open all dojo windows.
  - Tape needs to be put out at a minimum of 3m increments for students to have an area in which to train.
  - Put out appropriate signage:
    - Symptom checklist needs to be made visible at the entrance to Grandview.
    - Facility closed sign must be placed alongside the symptom checklist at entrance.
    - Put signs on bathroom doors indicating maximum capacity of one.
  - First aid bag (including masks and gloves) needs to be brought out and placed in a clearly indicated location.
  - Hand sanitizer needs to be placed in clearly indicated locations at the Grandview entrance and dojo doors.
  - Designated Instructor in charge of Protocol Enforcement must be chosen and clearly indicated to all students.
  - In introducing the class, floor instructor is responsible to communicate:
    - Reinforce social distance messaging for arrival, departure, and in class training.
    - Indicate identity and role of the designated instructor to students.
    - Indicate location of all appropriate equipment as described above.
    - Review protocol for individual training areas and water breaks.
    - Review protocol for first aid, or if any symptoms develop.
    - Reinforce that students need not wait for instructor approval for water breaks, bathroom breaks, hand sanitizer, etc. Students can also choose to not participate in activities as they see fit.
  - After class, wipe down high-touch surfaces (as listed above) with disinfectant, and document completion on the designated sheet.

BKA Program Relaunch Scenarios - Indoors

Implementation Variables	1 - Online Training Only	2 - Return to Training Socially Distanced Masks Mandated	3 - Return to Training Socially Distanced Masks at Student Discretion	4 - Return to Training Minimal-No Social Distancing Masks Mandated	5 - Return to Training Minimal-No Social Distancing Masks at Student Discretion <b>COHORTING REQUIRED</b>	6 - Return to Training Resumption of Normal Classes
Social Distancing	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
Student Masking	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	N/A
Instructor Masking	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	N/A
Hand Sanitizer	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
Cohorts	N/A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
Max Class Size	Unlimited	21 at 2m, <b>18 at 2.5m</b> , 15 at 3m	21 at 2m, <b>18 at 2.5m</b> , 15 at 3m	21 or More	21 or More	Restricted By Building Capacity
Kata (Counted/Sequenced)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kata (Free Form Low Intensity)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kata (Free Form High Intensity)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kihon/Waza	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kihon Kumite (2 Step)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Randore/Kumite (Free Form Low Intensity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kumite (Free Form High Intensity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pad Striking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Grappling/Throws	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>