

Kita Kaze Budo Association COVID-19 Policy and Best Practices

Last Updated: July 2, 2020

The Kita Kaze Budo Association (KKBA) wants its members to be able to practice Kendo, Naginata, and Iaido in an environment that is fun, challenging, and especially safe. In the past, “safe” usually referred to the low risk of physical injury. However, with the impact of the COVID-19 pandemic, the association is adopting new measures that will help reduce the transmission of the virus. This document describes these measures and the responsibilities required of all KKBA members to ensure our safe environment is at low risk for the transmission of illnesses.

This document will be amended by the KKBA board and all senior instructors as the pandemic situation changes and new best practices are adopted by our communities. Also, note that each club may have additional guidelines particular to their martial art. Be sure to review any additional policies provided by your instructors.

General

1. All KKBA members are expected to follow the guidelines for preventing the spread of the COVID-19 virus issued by the Government of Alberta. Information on these guidelines can be found here: <https://www.alberta.ca/prevent-the-spread.aspx>
2. All KKBA members are expected to follow any rules set forth by our practice facility, namely the Ukrainian National Federation Hall and the Ruth Carse Centre for Dance. The rules for each location will be posted in their respective buildings.
3. The most important thing one can do to prevent transmission of the virus is to self-isolate when experiencing any symptoms. While the measures in this policy try to reduce transmission, they are not comprehensive or guaranteed. Our martial arts are deemed high-risk activities and therefore it is important to be mindful not to expose others on the chance that you may have contracted the virus. It is important to not downplay any possible illness even if they might be related to allergies as it is extremely difficult to judge if the illness is COVID related.
4. If you contract the COVID-19 virus, please inform the KKBA through our website contact page: <https://kitakazebudo.org/contact>. The club will pass this information on to an appropriate health official and the CKF to ensure safety for all participants.
5. Anyone over the age of 65 years or someone who has any underlying health condition that puts you at risk must carefully decide if returning to practice before all restrictions have been lifted in Alberta is in their best interests. The CKF is recommending that these groups of people do not return to physical practices until all health restrictions have been lifted in their respective communities or cities.
6. If a student feels unsafe at any time during practice, they always reserve the right to stop and leave the dojo floor, as long as they make their absence known to the instructor.

7. At this time, it is not permitted for club members to use any of the changing facilities in the training halls. Anyone using the bathrooms will be expected to wash their hands for at least 20 seconds in compliance with AHS guidelines.
8. For the foreseeable future we will not be allowing members from other dojos to join our practices as we will be setting up cohorts to ensure safe practices.
9. We ask that any parent bringing their child to practice wait outside the dojo or if they need to be in the dojo that they maintain the 2-meter distancing and are wearing a mask. Please speak to an instructor to find out the best place for them to watch.

Distancing Measures

1. Where possible, all members are expected to maintain 2 meters away from one another in and outside the practice space. Lessons, exercises, and drills will be modified by instructors to accommodate this distance requirement. In the event that an activity cannot be performed outside this distance, instructors will make this known to participating students.

Cleaning of the Dojo

1. One student will be asked to clean the floor with a broom each practice. The student should disinfect their hands once they are finished.
2. Hand sanitizer will be available for general use at all practices but note that disinfecting wipes or towelettes will not be provided by the association. If needed, one should bring their own or use any provided by the facility.
3. The dojo will be disinfected by senior students before and after each practice.

Screening for Symptoms

1. If any person arriving at a practice shows symptoms of COVID-19 (including: fever and/or chills; dry coughing; difficulty breathing; headaches; muscle or joint pain; vomiting or diarrhea; excessive tiredness; or a loss of smell or taste), they will be asked by the instructor to refrain from practice and directed to leave the facility.
2. Temperature checks may be required to enter depending on practice facility. Please submit to these checks as necessary.
3. A form will be emailed to all students choosing to attend physical practices that they must fill out before all practices asking them to do a health safety check prior to practice. They will be required to hand in this form to their instructor before they are allowed to enter our training spaces. You are expected to sign and date the form. This form will be maintained according to CKF policy to ensure that the KKBA can perform accurate contact monitoring.

Equipment

1. All members will arrive already changed into their uniform and if you are travelling via public transport you will need to cover your keikogi and hakama with a jacket and pants. After practice, they should also leave wearing their gear and fold it once they arrive at home.
2. After each practice you are expected to launder your keikogi and hakama.
3. All members are expected to keep their equipment cleaned and maintained. For those with bogu armour, this means disinfecting their bogu with alcohol solutions (minimum 60%) after every practice. After wiping down your bogu you can also leave it out in the sun for an hour or two to ensure it is aired out. You should also wipe down your shinai or bokken as well.
4. Students are **not permitted** to share their equipment with each other at any time. This extends to objects such as equipment bags, water bottles, or other sports-related items.
5. When engaging in activities that break the 2 meter distance limit, the use of face masks is required. You should be wearing a mask as you enter and leave the dojo as well.
6. All members will be given a specific area to put their gear and they are expected to place all their gear in their designated spot and to not touch anyone else's gear.
7. Please bring your own water bottle as accessing water in the training halls is not permitted.

Responsibilities

1. An instructor will be responsible for taking attendance at each class, both students and visitors. This information will be used to notify individuals in close contact should one of them test positive for the virus.
2. There will be a designated entry way into the dojo and a second entry designated as the exit way. Please follow all directional signs.