



Ontario Karate Federation Return to Sport

Phase 1 and 2

Version 1 - June 13, 2020

Ontario Government Requirements

Below is a list of reopening regulations **required** by the Ontario Government as per the Ontario government's "Closure of Places of Non-Essential Businesses" document. Please note that this set of criteria takes precedence over Karate Canada's "Return to karate training" requirements and recommendations. The Ontario government's requirements are mandatory. If any provision of Karate Canada's "Return to karate training" is in conflict with, or inconsistent with, the requirements below, said requirements override and govern.

- any person who enters or uses the facility maintains a physical distance of at least two metres from any other person who is using the facility;
- team sports are not practised or played within the facility;
- other sports or games that are likely to result in individuals coming within two metres of each other are not practised or played within the facility; and



- any locker rooms, change rooms, showers and clubhouses in the facility remain closed, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.
- the only persons permitted to use the facility are athletes who are members of an organization, league or club described in paragraph 34.4 of Schedule 2;
- any person who enters or uses the facility maintains a physical distance of at least two metres from any other person who is using the facility;
- team sports and pool-based sports are not practised or played within the facility;
- other sports or games that are likely to result in individuals coming within two metres of each other are not practised or played within the facility;
- all sport activities are conducted in accordance with the rules and policies of the applicable organization identified in paragraph 34.4 of Schedule 2, including the rules and policies put in place to enable a safe return to the sport;
- no spectators are permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18; and
- any locker rooms, change rooms, showers and clubhouses in the facility remain closed, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.

For more info regarding **required** regulations visit: <https://www.ontario.ca/laws/regulation/r2022>



Ontario Karate Federation Requirements:

- No training outside of designated class times. No socializing between classes.
- If young students are leaving the dojo and their parents are waiting outside then escort them to their parents while maintaining a distance of 2 metres.
- You must work with local by-law and public health. Inform them of your intentions ahead of time and get written confirmation of their approval/ acknowledgment. Ask local by-law for an email confirming your approval or acknowledgement in writing. Print it out and put it on your entrances.
- All students and instructors must be OKF members to be covered by insurance.

Ontario Karate Federation Recommendations and Measures to consider:

Here are additional recommendations the OKF strongly suggests, in addition to the recommendations presented in Karate Canada's "Return to Karate Training".

- Although we can open it does not mean that you should. Depending on your facility and your location you may want to consider delaying your opening day.
- If you are not confident in being able to open safely then postpone opening.
- We are in a changing climate. Be aware of new information from Provincial and Municipal Government, Karate Canada and the Ontario Karate Federation. Be prepared to adapt to the current situation as it may change. If you are in doubt contact OKF for guidance.
- We recommend opening with lower numbers than what your local health authority allows as a test run.



- You may want to consider opening by appointment only for private or semi-private classes.
- You may want to consider locking any doors that do not have to be open in order to prevent unwanted guests. This is especially important if you are located in a busy area.
- Consider staggered dismissal for your students. For example; have your students leave the mats and entrance one at a time.
- Stagger students within the dojo to avoid students being in a direct line of one another.
- We recommend asking students not to use kiai. There was a recent study showing that projecting one's voice can increase the potential spread of COVID-19.
- Considering keeping the intensity level low as increased breath rate can also increase the likelihood of spreading COVID-19.
- Consider having your online classes running. Encourage your students to come to the dojo only when they are ready.
- Consider running multiple classes during the day to compensate for smaller class sizes.
- Consider taking temperatures and keep a log of students who enter.
- We recommend that everyone who enters the facility should be screened by a staff member.
- Consider having students take a COVID-19 assessment test and sign when they enter in addition to one being done before they leave the home.
- Consider asking parents to drop off their children for class and avoid crowding the waiting/spectator area.
 - If any parents should enter the facility we recommend that they are asked to wear a mask at all times in the lobby.
- We recommend that you encourage students to wear masks as they enter the school and go through the lobby; masks may be taken off before class. If a student wishes to wear the mask during class they can.
- If you choose to have students wear masks then keep in mind that it may restrict their breathing. Lower intensity exercise should be practiced. In addition to this more breaks should be taken.



- We recommend asking all students to come in their karate uniform as changerooms will not be in use. We recommend that gym bags are not permitted.
- You may want to allow students to wear socks or martial arts shoes during class. If your students wear socks then make sure they are non-slip socks.
- Besides the training area, you need a plan for the lobby area of your school. Have a plan for avoiding congestion in the lobby.
- You may want to consider outdoor classes. **Our insurance company has approved outdoor practice as long as written permission is given.** Sports fields, parking lots, park fields and parks were mentioned. Please send us an email if you had something else in mind. **If you choose this option then you must take the precaution of providing hydration, sunscreen and/or cover from the sun during the summer months.**
- As club owners we recommend that you incorporate your club in order to reduce liability.
- We believe you should consider that you have a COVID-19 clause in your waiver. One will be provided for you in the next few days if you do not already have one.



- There are different levels of government that have not communicated with each other. Your local health authority and by-law may be unaware or misinformed of your dojo being eligible to reopen. You need to inform any representative you speak with that you are not simply a “martial arts school” or a “karate school.” You are eligible to reopen your karate club because your club is OKF affiliated and is a recognized provincial sports organization under Karate Canada and is funded by Sports Canada. You may have to send a copy of all the attached documents to help them understand this circumstance. **We are in the process of communicating with the provincial government in an attempt to create better communication between them and our municipalities. Writing a letter to your local MPP and city councillor may be helpful.**