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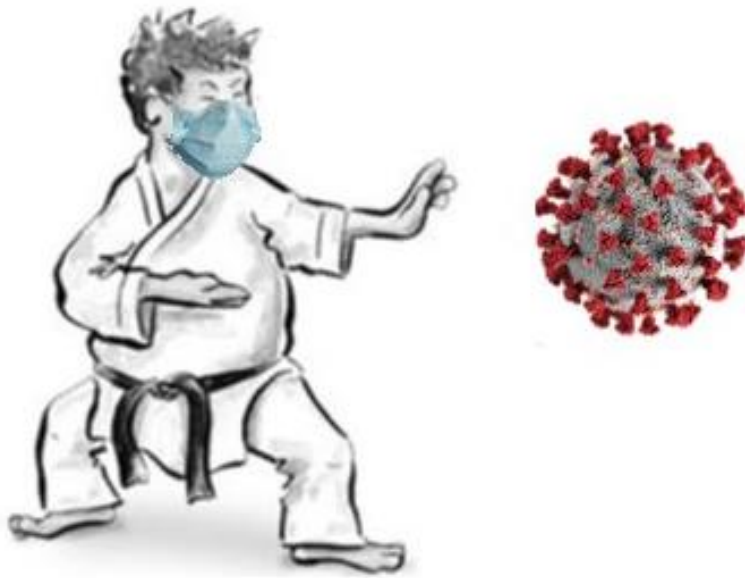
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**KARATE DOJO**

# **Return to Practice Protocol**



February 12, 2021

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## Introduction

The Coronavirus Pandemic of 2020 has certainly given us pause. I think it's safe to say that we are all excited to get back to in-person training. But as restrictions are lifted, the onus is still on all of us, as individuals, to look after and to care for one another. Practice will certainly not be as it was before but if we work together, we can still have a very full, enriching, and safe karate experience.

With the help of Karate Canada, our national sport governing body, the Dojo has developed the following Covid-19 protocols to help control the spread of the coronavirus in our facility. These protocols are subject to change. As our society continues to adjust its response to the virus, we will continue to adapt to help ensure a fun, and safe karate experience for all members.

Covid-19 protocols, along with all other Dojo rules and guidelines, are in place for the safety and security of the entire community. Anyone who is unwilling or unable to comply with these protocols will be asked to leave the facility.

I am very excited to welcome you back to the Dojo and look forward to training with you in person.

## Facilities

The mid-March (2020) lockdown due to the coronavirus serendipitously coincides with the latest upgrade to the facility. The floor of the main room (the space you are accustomed to) is now covered wall-to-wall-to-wall-to-wall with mats thus increasing our training space by about 25%. This increases our ability to train together while maintaining proper physical distancing.

The main door of the facility is now on the opposite (North) side of the building giving access to a lobby/reception area which then leads to the training hall. Closed-circuit television allows participants in one room to view the activity in the other room. This signal is not broadcast beyond the building. A password-protected Zoom feed will be broadcast for the Children and Youth classes until all restrictions are lifted (see below).

### The Lobby

**Masks are mandatory in the lobby.** Time spent in the lobby should be kept to a minimum – no loitering.

### The Training Hall

The training hall measures 75 m<sup>2</sup> (775 ft<sup>2</sup>). Mathematically, this suggests that at 1 person per 4 square meters we can fit 18 people into the training space. However, this would mean that no movement would be allowed. Since this is an unreasonable demand for karate students, the following training layout is implemented and can accommodate up to 8 people + 1 instructor per class. Each student is assigned a training space (blue mats) and is required to stay in their area to help ensure proper distancing.

### Floor Plan



## Training

### Before Returning to Practice

- Do not visit the Dojo if you are feeling ill or are experiencing [symptoms](#) of Covid-19.
- All visitors should perform a self-assessment [questionnaire](#) prior to entering the facility.
- Students must ensure that their *gi*<sup>i</sup> and *obi*<sup>ii</sup> are clean and in proper order.
- Students must keep finger and toe nails short (they can, however, be any colour).
- All visitors should ensure that proper hand-washing and other personal hygiene requirements are met.

### Access to the Facility

- Students must arrive at the facility in *gi* to avoid having to use the change facilities.
- Students must stay in their vehicle or outside the building (at least 2 meters from each other) until 5 minutes before start time.
- At 5 minutes before training time, students may enter quickly, one at a time, using the main door on the North side of the building.
- Physical distancing markers are placed in the hall for your convenience.
- **Masks are mandatory when entering the facility**

**\*\* it is recommended that students make every effort to avoid using the facility's washrooms.**

### Entering the Training Hall

- All participants must use hand sanitizer when entering the facility.
- Students must remove their footwear and outerwear in the lobby.
  - Slip-on footwear is recommended for a quick and easy transition.
- Equipment bags may be brought into the training hall and hung on hooks.
- Spectators, including parents, are not allowed in the facility but are welcome to watch class via Zoom (see below).

### Equipment and Training

- Water is not supplied at the Dojo. Students must bring their own water bottle. Keep your water bottle at the front or back of your training space.
- Karate Canada recommends wearing martial arts shoes or non-slip socks while inside the facility.
- Masks are required when training – if you must remove your mask, practice extra care.
- Training will consist of individual exercises such as *junbi undo*<sup>iii</sup>, *kihon waza*<sup>iv</sup>, *ido*<sup>v</sup>, and *kata*<sup>vi</sup>. There will be no *kumite*<sup>vii</sup> or partner work of any kind until further sanctions are lifted.
- Any student wishing to strike Bob, Little Bob, shields, or focus pads must use WKF<sup>viii</sup> homologated fist and shin/instep protectors (available from Sensei).
  - While not mandatory for general practice, having a set of fist and shin/instep protectors will allow the student access to a wider variety of drills and exercises including sparring (once restrictions are lifted).

### Exiting the Training Hall

- Exit as quickly as possible.
- All participants are encouraged to use hand sanitizer when exiting the facility.

## For Your Safety (and mine)

- Visitors are asked to make every effort not to touch any surfaces in the facility.
- Inside doors are propped open to minimize contact.
- All equipment is sanitized after individual use.
- High contact surfaces are wiped down and disinfected between classes.
- Mats are disinfected daily.

## Zoom

Under normal circumstances, guests would always be welcome in the training hall. However, in order to respect proper physical distancing and maximize the use of space, spectators (including parents/guardians) are not be permitted inside. Parents/Guardians may follow class proceedings using a password-protected Zoom feed. This is for parents/guardians' use only; **please respect the privacy of the participants by not sharing the link and password.**

Zoom Link: [click here](#)

Meeting ID: 862 881 377

## Schedule

Classes will start on time and end on time to allow for sanitizing and transition between groups. Classes will be limited to a maximum of 8 students (plus 1 instructor). If there is demand, more meeting times will be added.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
9:30	Laurentian Club					Special events such as gradings, seminars, and extra classes.
11:30						
5:00						
5:15		Children (8-11)	Children (8-11)	Children (8-11)	Children (8-11)	
6:15		Transition and Sanitization				
6:30		Youth (12-15)	Youth (12-15)	Youth (12-15)	Youth (12-15)	
7:30		Transition and Sanitization				
7:45			Adult (16+)		Adult (16+)	
9:15						
<b>All schedules are subject to change as we navigate re-opening.</b>						

Once a routine is established, open mat classes may resume with advanced registration/sign-in.

## References

[https://karatecanada.org/wp-content/uploads/2020/05/KC\\_Recommended\\_Protocols\\_Return\\_To\\_Karate\\_26May2020\\_EN.pdf](https://karatecanada.org/wp-content/uploads/2020/05/KC_Recommended_Protocols_Return_To_Karate_26May2020_EN.pdf)

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- <sup>i</sup> Uniform
  - <sup>ii</sup> Belt
  - <sup>iii</sup> Warm up / conditioning
  - <sup>iv</sup> Basic techniques
  - <sup>v</sup> Movement
  - <sup>vi</sup> Forms
  - <sup>vii</sup> Sparring
  - <sup>viii</sup> World Karate Federation

