

Ohtsuka Amateur Karate Foundation **Strategies for Reducing Risk of COVID-19 Spread**

This document was developed as a guideline to assist our karate clubs in reducing the risk of transmission of COVID-19 among attendees (including participants, instructors, volunteers, and the general public). The guidelines follow the advice and recommendations from the Government of Alberta, specifically under current Chief Medical Officer of Health Orders. However, as our knowledge of the COVID-19 virus is changing, this document and guidance may change and be updated to ensure that the information provided is congruent with the most current medical advice.

Key Information about COVID-19:

- COVID-19 droplet transmission is much more likely when individuals are in close contact – Therefore, the need for physical distancing of a minimum of 2 meters during activity.
- COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. The virus does not enter the body through skin; it enters through eyes, nose, or mouth when an individual touches their face – Thus, the importance of regular hand hygiene and cleaning of high-touch surfaces.

1. Checklists:

- All students, parents/guardians, and instructors will be provided a checklist of activities to review before coming to class each week (*see Appendices 1, 2, and 3*).
- As part of this checklist, all students and instructors are expected to complete a COVID-19 assessment questionnaire before they leave their home. This will be facilitated by emailing a self-assessment questionnaire or a link to a self-assessment questionnaire e.g. *AHS COVID-19 Self-Assessment Tool*, to the dojo members.
- Head Instructors may request completed copies of the COVID-19 Assessment Questionnaires from students/parents/instructors. Any such documents collected will only be retained for a period of 2 weeks, and then destroyed.

2. Physical Distancing:

- Students and instructors are to maintain a minimum physical distance of 2 meters apart.
- For any indoor high intensity fitness training, a minimum physical distance of 3 meters is recommended between participants, unless the participants are from the same cohort or household.
- Class schedules are to include a defined, 15-minute arrival/departure period before/after each class to avoid an overlap of students. This is to allow for

adherence to the maximum gathering numbers and to maximize physical distancing. The additional time between classes will mean offering shorter classes. This time is also vital to allow for necessary sanitization procedures of the facility between classes.

- When possible, utilizing a separate entrance and exit is recommended.
- Opportunities for students to gather before and after a class within the facility must be reduced.
- Spectators i.e. parents and guardians, will not be allowed to remain in the participant space during class due to space limitation within our dojos. However, there are situations whereby a parent or guardian must remain at the dojo location, so physical distancing must be maintained between members of different households.
- Preferably, the spectators should wait or observe from a separate area from the participants, and maintain physical distancing in that space while waiting/observing.
- Exercises and training drills will be modified to comply with physical distancing and with avoiding physical contact.

3. Masking:

- Participants are recommended to wear masks when they are not engaging in physical activity, especially if physical distancing cannot be maintained.
- It is strongly recommended that spectators wear masks.
- Instructors will wear masks when not engaging in physical activity also, and/or when instructing students and are unable to maintain physical distancing.

4. Cohorts:

- *Cohort Concepts:*
 - i. A cohort (also referred to as a bubble, circle, or safe squad) is a small group whose members – always the *same* people – do not always keep 2 meters apart.
 - ii. A Core Cohort includes the people with whom you regularly spend the *longest amounts of time* and have *closest physical contact* – those you hug and touch – and those who are part of your daily or regular routines.
 - iii. It is recommended that everyone limits people outside of their Core Cohort to 15 additional people, and to expand this cohort very slowly and cautiously over time after careful consideration of the need.
 - iv. The cohort concept decreases opportunities for being exposed to the virus by keeping the same people in the same cohort group, rather than mixing and mingling. This gives the opportunity for closer interaction between individuals within the cohort while reducing the chance you or someone else will get the virus.

- v. Under Stage 2 of Relaunch, a maximum cohort of up to 50 (including students and instructors) for sports teams is allowed. However, the cohort number will be determined by the physical distancing available within the dojo e.g. a cohort would be a Little Dragon's class of 15 students plus 2 or 3 instructors if there is only room for 20 people.
 - vi. Also, in Stage 2, a maximum of 100 spectators is permitted for indoor settings; however, this number will vary depending on the space available to maintain physical distancing.
- Cohorts at the dojo will be managed by several different strategies:
 - i. Limiting the number of students per class to maintain a minimum of 2-meter physical distancing within the dojo space,
 - ii. Students will be kept to assigned class times i.e. students cannot switch class times week to week,
 - iii. Students are to remain at one dojo for the term. Students will not be allowed to attend or train at different dojos during the term,
 - iv. Instructors will be assigned/scheduled to same class(es) for set periods of time,
 - v. Instructors are not to attend classes in an *ad hoc* or unscheduled fashion. In other words, instructors are not allowed to "drop in" to a class as has been the practice in the past.

5. Disinfection and Enhanced Cleaning:

- It will be the combined responsibility of the facility and the dojo instructors to ensure proper cleaning and sanitation of all areas within their facility.
- All participants and instructors are expected to sanitize their hands upon entry to and exit from the dojo.
- All equipment is to be disinfected after each individual use. Products used for disinfection must be labelled as a virucide and should be used according to manufacturer's directions. Also, in order to be effective, many disinfection products need a minimum amount of time to dry. As appropriate, this drying time will be incorporated in the time between classes.
- All high contact surfaces, such as doorknobs, counters, and benches are to be wiped before the start of every class.
- Washrooms are to be sanitized daily.
- Enhanced cleaning of the facility floor is suggested, e.g. cleaning the floor between classes.
- If there is contact with the floor during the class e.g. with push-ups, then periodic interruptions in class are recommended to allow for hand sanitization before proceeding with the class.

6. Personal Hygiene:

- All attendees at the dojo will be made aware of personal hygiene requirements. Emails and/or handouts to students/parents/guardians, e.g. checklists, will be utilized to convey the personal hygiene requirements, and help everyone understand the actions being taken to reduce risk.
- Basic hygiene rules such as handwashing and not touching one's eyes, nose, mouth, and face are to be reinforced in the dojo.
- Respiratory etiquette will be reinforced e.g. students and instructors should refrain from spitting or clearing their nasal passages during training.
- Students and/or spectators are strongly discouraged from yelling or cheering as it presents a high risk of spreading droplets, e.g. students are to refrain from "kiaa-ing" in the dojo.
- The use of scents by attendees is discouraged to prevent sneezing and coughing.
- To the extent possible, students and instructors should arrive dressed and ready to participate.
- Students and instructors with longer hair are required to affix their hair in a ponytail to minimize flailing of hair and facial contact.
- Students are encouraged to carry and use their own hand sanitizer before, during, and after class. Hand sanitizer will be available upon entry and while in the dojo for those individuals that did not bring their own.
- Students should not share any personal items e.g. water bottles, towels, equipment.
- Students will be allowed to wear martial arts shoes or non-slip socks within the dojo.
- Water fountains should not be used. Students are recommended to bring their own water bottle to use that is also labelled with their name.
- Natural ventilation/air circulation is to be provided, if possible and weather permitting, with an open door or window. Use of overhead ceiling fans is limited as much as possible. If fans are used, minimize any air flow that directs current from one person directly toward another.
- Transportation to and from the dojo should be arranged so that only cohort members, or members from the same household, share rides.

7. Preventative Public Health Actions

- All instructors will undergo testing for COVID-19 before the start of the karate term, and monthly thereafter while karate is in session.
- Those who may have been exposed to COVID-19, or are exhibiting symptoms of an infection such as fever, sore throat, runny nose, muscle aches or pains, difficulty breathing, or cough are recommended to remain at home and seek medical attention as appropriate instead of attending the dojo.
- If a close contact for another individual who is required to self-isolate due to possible COVID-19 exposure or are exhibiting symptoms, then that close contact should also self-isolate.

- Students and/or instructors who become symptomatic during class are required to be isolated from others and must return home immediately.
 - If isolation is not possible, then the affected individual should don a mask while waiting for pick up.
 - The remainder of the class should then be canceled , and cleaning and disinfecting of all surfaces that may have come into contact with the symptomatic attendee will occur.
- To prevent the spread of COVID-19, participants are required by law to isolate/quarantine for:
 - 14 days if the participant returns from international travel, or are in close contact with a person with COVID-19, **plus the longer** of 10 days or until symptoms resolve;
 - if symptoms occur, **the longer of** 10 days or until symptoms resolve, if the participant has suspected or confirmed COVID-19;
 - 14 days if the participant has tested negative for COVID-19, but has known exposure to COVID-19;
 - **the longer** of 10 days or until symptoms resolve, if the participant has a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- Accurate attendance tracking is essential. A record of all students and instructors in attendance is important in the event that a participant tests positive for COVID-19, and there is a need for contact tracing.
- Any personal information that is collected for COVID-19 contact tracing is only used for this purpose. Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite.
- It will be the responsibility of the Head Instructor to ensure that any positive COVID-19 case within their dojo has been reported to the appropriate Public Health authority, and also that the AKF Executive has been informed of the situation.
- Outside of the above outlined situation, the name of the individual, who is a confirmed case of COVID-19 or has symptoms, should not be used in order to protect their privacy.
- Students or instructors will not participate or attend class until:
 - The participant has had a negative test result for COVID-19, AND have NOT had contact with a known or suspected case of COVID-19, AND have NOT returned from travel outside of Canada, AND are NOT a close contact of an ill person who has returned from travel outside of Canada within the last 14 days, AND are not exhibiting any symptoms of COVID-19; OR
 - The participant has been in isolation for the legally required period as per Provincial health orders.