

August 1, 2020

South Calgary Karate membership,

Re: Stage 2 Indoor training at Deer Run Community Centre

Regards,  
Heather Fidyk  
Head Instructor & Treasurer



## Guidelines for SCWKKC Training – 2020 Phase 2

Effective August 1, 2020

Scheduled review date: January 1, 2021

In order to proceed with this effort safely in this continued time of pandemic precautions, the following guidelines will need to be followed. By taking a few extra precautions, we can all share in the beneficial experience with in-person, group training. Keep in mind that this document is subject to change based on AHS, City of Calgary and Deer Run Community Centre guidelines.

### **Students will need to register and abide by the COVID-19 Policies for South Calgary Karate, Deer Run Community Centre and AHS Guidelines.**

#### Preparation:

- The [SOUTH CALGARY COVID-19 Attendance/Checklist](#) must be completed by every participant (or parent/guardian on their behalf) or family group prior to the start of each class.
- Participants are instructed to stay at home if they are feeling unwell.
- If the group leader notes that a participant is exhibiting symptoms of illness, that individual should be asked to leave.
- Participants are instructed to stay at home if they have come into close contact with a known COVID case.
- Participants bringing their own equipment are reminded to disinfect before and after use.

- Each class will be supervised by someone who maintains responsibility for adherence to these guidelines.

#### General:

- Participants must bring their own water, no water fountain usage.
- Participant are encouraged to use the washroom at their home before arriving at class to minimize the need to access the public washrooms.
- Participants should come dressed ready to train.
- Ride sharing with individuals outside of those sharing a household or cohort families should be minimized. If unavoidable, hand hygiene, mask and disinfection practices should be observed.
- All participants will be included on the Contact Tracing Log which will be kept for 28 days. This information will be provided to public health officials in the event of a possible outbreak.
- Students who screen positive will not be permitted to attend in-person training until a confirmed negative swab is received. These students will be encouraged to attend the online supplementary class in lieu.

#### Distancing:

- Members are encouraged to remain respectful of personal space.
- Physical contact is limited and may include target holding and partner drills, however sparring is not permitted in this phase.
- Mouth guard use will be done in a phased in approach
- All participants must be provided guidance on where they are to stand relative to the pylons (e.g. stand one meter directly behind the pylon.)
- All participants should move in the same direction at the same time.
- Any visiting that might occur before and after class should have participants maintaining the 2 meter distancing outside the facility. Avoid loud talking.
- Face coverings (masks) are **not** required for training.
- Face coverings (masks) **are** required for entering and exiting the facility.

#### Surface Contact:

- Pylons/markers will be set up.
- Participants will bring their own personal equipment.
- Disinfecting products will need to be onsite for management of sterilizing equipment.
- Students have the option to wear athletic shoes for use on hardwood floor.
- Tatami mat set up – wear mask and shoes to move and set up.
- Push-ups and exercises where hands touch the floor will be discouraged.
- Hand hygiene must be performed after touching floor.
- Foot hygiene should be performed at end of class.
- Tatami mats will be disinfected at the end of each session.

#### General Infection Prevention Guidelines:

- Everyone must perform hand hygiene before **and** after class.

- Perform hand hygiene before and after surface contact or contact with other individuals.
- Participants are requested to bring their own hand/foot sanitizer.
- Hand sanitizer will also be made available for use during training sessions.
- Participants must observe proper hand hygiene before and after use of washroom facilities.
- Participants must observe proper respiratory etiquette (e.g. cough or sneeze into your elbow, no spitting, etc.)
- Kiai (karate yell) will be limited.
- First Aid, if required, will be administered using hand hygiene before and after, as well as proper Personal Protective Equipment (gloves, procedure masks and face shield).

#### Cohorts:

- The cohort concept encourages individuals who cannot maintain 2 meter physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle.
- Each student in the cohort may not train with another cohort or participate in another sport's cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained.\*
- Instructors for Cohort #1 & #2 will wear mask or face shield so they can participate in Cohort #3.
- Cohort list:
  - #1. Just for Kicks Preschool – limited to 24 sub-cohorts of 12 per ½ gym.
  - #2. Beginner to Orange Youth & Adult – limited to 36 people sub-cohort of 18 per ½ gym\*\*.
  - #3. Green to Black youth & Adult, Shindo & Competitive kumite – limited to 36 people sub-cohort of 18 per ½ gym\*\*.

\*Cohorts – if you are participating in another activity and would also like to train in the fall, please contact Sensei Heather so that distancing can be arranged for you. This will be limited and must be approved by Sensei Heather Fidyk.

\*\* Students training in two or more classes will be counted and assigned to the similar sub-cohorts to not exceed the 50 allowable cohort size.

NOTE: Families where students would need to belong to two different cohorts should contact Sensei Heather to advise which cohort to register for.

#### ONLINE TRAINING

- All in person training will be made available online through the ZOOM platform for students unable or uncomfortable with in person training.

## APPENDIX: KARATE-KA CHECKLIST

Use this checklist to prepare for training.

### Before you Leave Home

- Complete the online [SOUTH CALGARY COVID-19 Attendance/Checklist](#)
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Change into gi or training clothes.
- Bring filled water bottle(s).
- Bring thoroughly washed equipment.
- Use the washroom at home.
- Bring personal hand sanitizer.
- Bring indoor athletic shoes (optional).
- Bring face covering (mask) for entry and exit of public facility.

### Arrival at Deer Run Community Centre

- Use a mask that covers your mouth and nose.
- Change shoes at the door, if necessary.
- Meet in the gym.
- Respect physical distancing guidelines.
- Complete hand hygiene.
- DO NOT share water bottles.
- Follow traffic flow signs at your location.
- Parents are asked to not stay unless necessary for your child (medical or behavioral.)

### 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.)

## RELATED DOCUMENT LINKS

Alberta's Re-Launch Strategy

<https://www.alberta.ca/alberta-relaunch-strategy.aspx#stages>

Covid-19 Information for Albertans

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Restricted and Non-Restricted Services

<https://www.alberta.ca/restricted-and-non-restricted-services.aspx>

Help Prevent the Spread

<https://www.alberta.ca/prevent-the-spread.aspx>

Guidance on Sport, Physical Activity and Recreation – Stage 2

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Guidance on Organized Outdoor Sport, Physical Activity and Recreation

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

AHS Online Assessment Tool

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

ABTraceTogether

<https://www.alberta.ca/ab-trace-together.aspx>

Karate Canada Recommended Protocols for Return to Karate

[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)

## Training Videos

Proper use of Masks

<https://www.youtube.com/watch?v=PwYapjQUVmo>

Washing Hands Efficiently

<https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

Physical Distancing: Staying 2m apart

<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing.html>

Safe Removal of Used Gloves

<https://www.youtube.com/watch?v=ATU383llfT8>