

June 3, 2020

South Calgary Karate membership,

We are all missing karate and the physical and social aspects of the dojo. While the “Virtual Dojo” is quite enjoyable and something that we would like to continue as it connects our Shintani family, the time is close to start seeing life size students and Senseis. The Province of Alberta is considering sport and related sport facilities being brought into Phase 2 of the provincial relaunch program – currently sport & recreation facilities (and by default, for the most part, sport itself) are slated for Phase 3 and contact for sports in Phase 4. So how does karate fit in. Outdoor karate! Here is how we will train staying safe and within government guidelines. We are still working on details for location and times so stay tuned. Thank you to Sensei Dene Young, Sensei Jasen Pratt and Melissa Merritt for their contributions to this document.

Regards,  
Heather Fidyk  
Head Instructor & Treasurer



## Guidelines for SCWKKC Outdoor Summer Training – 2020

SCWKKC will be hosting one or two weekly outdoor summer training to supplement the virtual classes currently available. In order to proceed with this effort safely in this 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 on in-person, group training.

Preparation:

- Each class must be supervised by someone over the age of 18 who maintains responsibility for adherence to guidelines
- Participants must be instructed to stay at home if they are feeling unwell. COVID-19 Screening checklist must be completed prior to start of each class. Refer to Appendix or complete here: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>.
- If the group leader notes that a participant is exhibiting symptoms of illness, that individual should be asked to leave.

- Participants must be instructed to stay at home if they have come into close contact with a known COVID case
- Participants bringing their own equipment should be reminded to disinfect before and after use

#### Distancing:

- Participants cannot exceed 50 individuals
- Pylons or similar markers must be set up prior to class at 2 meter increments as an indicator of appropriate physical distancing
- All participants must be provided guidance on where they stand relative to the pylon (e.g. stand one meter directly behind the pylon)
- All participants must move the same direction at the same time
- No person to person contact activities will be permitted at this time
- Visiting that might occur before and after should maintain the 2 meter distancing. Avoid loud talking.
- Face coverings are **not** required for outdoor training

#### Surface Contact:

- Pylons/markers should be set up using gloves
- Participants should bring their own equipment – equipment such as focus mitts and pads will not be permitted at this time
- Disinfecting wipes will need to be onsite for management of sterilizing equipment

#### 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 sanitizer
- Hand sanitizer should also be made available by the organization for use during training sessions
- Participants must observe proper respiratory etiquette (e.g. cough or sneeze into your elbow, no spitting, etc.)
- Participants must observe proper hand hygiene before and after use of washroom facilities
- First Aid, if required, should be administered using hand hygiene before and after, as well as proper Personal Protective Equipment (gloves, procedure masks, and face shield)

#### General:

- Participants should be advised to bring/use their own bug spray and/or sunscreen as appropriate to ensure comfort
- Participants may prefer to train wearing athletic shoes
- Participants may wish to bring a yoga mat or camping ground cover to facilitate stretching before and after training
- Participants must bring their own water
- Participant should be encouraged to use the washroom at their home before arriving at class to minimize the need to access the indoor facility (if available)

- If gi pants are worn, consider rolling up the legs to avoid staining
- 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

By observing a few key practices, it will be possible for us to enjoy outdoor recreation and training.

## APPENDIX: SCREENING CHECKLIST

(Source: AHS)

If an individual answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Does the person attending the activity, have any of the below symptoms:	CIRCLE ONE	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close <u>unprotected*</u> contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.

## APPENDIX: CONTACT TRACING LOG

## APPENDIX: KARATE-KA CHECKLIST

Use this checklist to prepare for training.

### Before you Leave Home

- ☐ Complete the Screening Checklist (Appendix 1) or
- ☐ <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>.
- ☐ Eat before you come – no food on premises.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring filled water bottle(s).
- ☐ Bring thoroughly washed equipment.
- ☐ Use the washroom at home.
- ☐ Bring personal hand sanitizer.

### Arrival

- ☐ Meet at designated the designated location.
- ☐ Respect physical distancing guidelines.
- ☐ Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- ☐ Complete hand hygiene.
- ☐ DO NOT share water bottles.
- ☐ Follow traffic flow signs at your location.

### 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>

Workplace Guidance for Business Owners

<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

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 Outdoor Activities

<https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

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>

## 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.youtube.com/watch?v=TwVoG\\_Oefcg&feature=emb\\_logo](https://www.youtube.com/watch?v=TwVoG_Oefcg&feature=emb_logo) <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=ATU383lIfT8>