

Hawaii Kendo Federation Guidelines for Resuming Practice During COVID-19 Pandemic

Hawaii Kendo Federation dojos that decide to resume Kendo practices should follow the guidelines below:

1. In General

- a. These guidelines will be sent to all current and prospective members and/or be posted at the entrance of the dojo.

2. Formulation of Organization-Specific Guidelines and Lesson Plans

- a. In restarting training, consider initially focusing on preparatory exercises and gradually increasing the load. An example of this approach would be:
 - i. For the first 10 practices, two-thirds of the training time is used for preparatory exercises.
 - ii. For the next 10 practices, one-half of the training time is used for preparatory exercises.
 - iii. Thereafter, the regular training of each organization will be resumed if/when appropriate.
- b. Since the membership composition differs depending on the dojo, each chief instructor may formulate a different plan using their own judgment.

3. Participation

- a. Persons with serious medical conditions should consider not participating in the training. Examples of such conditions include diabetes mellitus, heart failure, chronic obstructive pulmonary disease, asthma, those undergoing dialysis, and those using immunosuppressants or anti-cancer agents. Anyone with any of these conditions is strongly urged to discuss participation and precautions with their (PCP) primary care provider.
- b. Those who meet the following conditions will not participate in the lesson.
 - i. If a person has fever, shortness of breath, cough, body aches, headache, sore throat, or loss of smell, the person may not come to practice until cleared by a healthcare provider.
 - ii. If a person is otherwise not feeling well;
 - iii. If a person's physical condition is different from usual, as they may be in an early symptomatic phase;
 - iv. If a person is exposed to a person with confirmed/probable COVID-19 or has a household member exhibiting cold or flu symptoms (e.g., <https://www.cdc.gov/flu/symptoms/coldflu.htm>), the person will not attend practice until they have completed quarantine following CDC guidelines or been cleared by healthcare provider;
 - v. If a person has traveled out-of-state and is under quarantine;
 - vi. If a person is not a member of the HKF. Chief instructor will use their discretion on whether or not to open practice to HKF members from other dojo.
- c. Participants in practice should wear masks when traveling between their homes and practice to prevent infection.
- d. Given risk factors, elderly people, for example, those over the age of 60, need to make careful judgments on resuming training.

4. Before Practice Starts

- a. The temperature of each person should be measured before practice. If a person has a fever (100.4° F or higher), the person should not practice. Each dojo should consider obtaining a touchless thermometer.

Hawaii Kendo Federation Guidelines for Resuming Practice During COVID-19 Pandemic

- b. All participants should be screened regularly with questionnaires for illness or exposure to COVID-19.
- c. Participants should wash or sterilize their hands with alcohol before the start of practice.
- d. Each chief instructor should take attendance of all participants at each practice.
- e. Participants should avoid changing clothes at the dojo. However, if changing clothes at the dojo cannot be avoided, the participant should put their gi/hakama in a plastic bag and wipe the area down after changing.
- f. Clean the floor and sterilize areas used before and after each practice. Disinfect high touch surfaces such as door knobs, toilet levers, and faucets.
- g. Disinfect equipment, including shinai and kendo-gu, with disinfectant spray or wipes.
- h. Avoid socializing in groups.

5. During Training

- a. Occupancy for indoor practicing is limited to no more than 50% of the maximum occupant load of the facility.
- b. At least six feet distance should be maintained at all times between each participant unless local laws allow for closer distance. To maintain at least six feet between participants, consider putting a mark (e.g., tape) at intervals of at least six feet to identify standing positions. Activities consistent with the six-foot minimum requirement include, without limitation, suburi, ashi-sabaki (footwork), mitori-geiko (watching videos), and striking dummies.
- c. All individuals in attendance must wear a mask at all times. A well-fitted and at least double ply mask is recommended.
 - i. If a participant has difficulty practicing while using a mask, the participant should take regular breaks or consider not practicing.
- d. All persons in attendance should speak as little as possible. Participants should not kiai.
- e. Consider shortening practicing time, providing regular hydration breaks, and managing the temperature of the dojo. Provide sufficient ventilation by opening windows and using fans. Open doors and windows to the maximum extent possible.
- f. Visitors are not allowed inside the dojo. Parents, guardians and/or other family members should wait outside if the dojo is not large enough.
- g. Avoid touching face with hands and consider using a personal towel.

6. After Practice

- a. After completing practice, maintain a six foot distance at all times, including but not limited to when bowing to teachers and seniors.
- b. All individuals in attendance must keep their masks on at all times.
- c. Participants should wash or sterilize their hands with alcohol after practice.
- d. Do not conduct social gatherings at the dojo.
- e. Disinfect high touch surfaces such as door knobs, toilet levers, and faucets.
- f. Disinfect equipment, including shinai and kendo-gu, with disinfectant spray or wipes.

7. If a Participant is Found to be Infected

- a. If a participant of the lesson develops a new coronavirus infection, he/she will be immediately reported to the chief instructor.
- b. The chief instructor will report the infection to the Hawaii Kendo Federation through the executive board. Executive board will contact chief instructors at other dojo. This does not preclude the affected individual from making notifications.

Hawaii Kendo Federation Guidelines for Resuming Practice During COVID-19 Pandemic

8. Other

- a. Do not share equipment, clothing, hand towels, water bottles or any other item.
- b. Water fountains should be kept closed, except for those designed to refill water bottles in a contact-free manner