

**Steveston Karate Club (SKC)**  
**Return to Play Plan – Indoors**  
Based on Karate Canada, Karate BC, and Via Sport Protocols

**Toshihide Uchiage – Steveston Karate Club Head Instructor, Karate Canada Athletes Director**  
**Returning to Dojo**

**Screening:**

- **Participation Waiver and Daily Covid-19 Attestation attached, and copies sent to all participants prior to session and available at the Dojo**
- Daily Attestations must be completed by all coaches and participants prior to every session. Forms are available at the Screening table and may be signed off at the spot, before sessions. Clean pens will be provided if needed.
- Participation Waiver to be completed prior to the very first class attended for all participants
- A designated and trained individual at the Screening Table must check for completion of Waiver and Attestation
- Participant temperature must be checked at the Screening Table

**Facility:**

- Cleaning and disinfection, before, after and between each training session to be conducted by instructors, including floors, training areas, and high touch surfaces
- Regular cleaning and disinfection of the building will be done by City of Richmond Building Service Workers as per COVID Cleaning and Disinfection Protocols for Community Service Facilities
- Maximum number of participants with their own training space is 21 per each session
- Maximum number of people that can be inside the Dojo is 27 (21 participants, 3 instructors and 3 parent volunteers with social distancing)
- Each participant will have a 2m x 2m square space (4 m<sup>2</sup>) for training
- Each training square is separated 1 m from the Northern and Southern directions and 2 m from the Eastern and Western directions to maintain optimal physical distancing
- No spectators are allowed (Some exceptions may be made for younger parents in need of supervision, but numbers must remain within maximums as stated above)
- Allow a total of 30 minutes between sessions for sanitizing the floors, the entry and exit of participants
- Water fountains will not be used. Participants to bring own water bottle
- Bathrooms to be used only in emergency cases and must be sanitized after each use by trained individuals

**Entry and Exit:**

- Since the dojo is within a shared Martial Arts Center, the entry for all participants are designated to prevent the usage of a common entrance for different sports
- The entrance is located in the North Side Hall (See Flow of Entering Traffic on Page 7)
- The exits are located in the side doors of the Kendo Hall (See Flow of Exiting Traffic on Page 8)
- Flow of entry and exit listed in their respective maps
- Participants are only allowed in the dojo 10 minutes before the beginning of their sessions for mandatory temperature checks and check-in

- Participants must leave immediately after the end their session
- Parent or guardian exit flows listed in the entry map in case they need to come into the building for payments or signatures.
- Doors will be closed 5 minutes after the start of each session, so plan to arrive early to ensure check-in procedures can be completed

**Individual:**

- Masks are MANDATORY at all times. The only exception being when a student is safely inside their own designated training space.
- *A New mask or clean reusable mask is required for each session.*
- Hands will be sanitized at the Screening Station, before exiting the dojo, and after coming back from the washroom
- Prepare a small bag that will fit your record book, water bottle, shoes, and any other personal belongings
- Prepare a small plastic bag for own mask that can be removed once individual enters their designated area
- Limited supply of plastic bags can be provided during each lesson

**Training Plan:**

- \*No Equipment will be used at the dojo to minimize contact
- \*No Kiai (shouting) to minimize spread of droplets
- \*Throughout reopening, Phase 2 protocols will be followed

<p><b>Allowed activities in the Dojo</b></p>	<p><u>Individual/ Non-contact Training</u></p> <ul style="list-style-type: none"> <li>○ Individual strength and flexibility exercises</li> <li>○ Kihon (basics)</li> <li>○ Kata (forms)</li> <li>○ Individual kumite (sparring) combinations</li> <li>○ Distanced kumite (sparring) reaction practice with neighboring partner</li> </ul>
<p><b>Activities that will <u>not</u> be performed</b></p>	<p><u>Physical Contact Training</u></p> <ul style="list-style-type: none"> <li>○ Kumite (sparring) with physical contact</li> </ul>

**First Aid:**

- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- A WorkSafe BC guide for employers and Occupational First Aid Attendants during the Covid-19 pandemic is available here -

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

### **Outbreak Plan:**

- Report any suspected case(s) of COVID-19 like illness among participants and volunteers to the local Health Authority Medical Health Officer, Karate BC, the City of Richmond and Steveston Community Society
- If a case or outbreak is confirmed, the orders of the local Health Authority will be followed and Karate BC will be notified
- Enhance cleaning and infection control measures to reduce risk of transmission in the club
- Ensure self-isolation for participants and volunteers who have symptoms of COVID-19 for a minimum of 14 days
- All participants will be noted in daily attendance paperwork to ensure precise contact tracing measures can be applied in case of outbreak
- Any and all cases will be reported to the City of Richmond and Steveston Community Society

### **Essential Measures for the Proper Function of the Protocol in the Dojo**

With references to the Karate BC Covid-19 resource page <https://www.karatebc.org/covid-19-resource-page/> and Karate Canada Recommended Protocols for Return to Karate Training - <https://karatecanada.org/safe-sport/>

### **Personal Hygiene Requirements to be Performed before Arriving to the Dojo**

- Go to the restroom at home **before** your training session
- Avoid public transport as much as possible; must wear a mask on public transport when unable to avoid
- Prepare a small bag to store and carry your items for training (record book, water bottle, shoe bag)
- Prepare a small plastic bag to store your personal mask if you choose to remove it once inside your designated training area

### **Physical distancing and Sanitation Requirements upon Arriving at the Building**

- Masks are mandatory to enter the building
- A desk to be placed at the entrance with a designated and trained individual of the club with proper protection (mask, gloves). Body temperature of the participant is measured using a contactless forehead thermometer.
- Participants must arrive no earlier than 10 minutes before the start of the session, as this will be the time for the participants in the previous session to exit
- All doors used for entrance must be wide open to avoid contact with door handles/knobs
- Security distance will be marked out using tape or other visible items in order to make sure that each student and their accompanying person holds a minimum of 2 metre distance

- Hand sanitizer is provided (gel or liquid)
- Trash can for disposable paper and litter is provided

### **Requirements for transition to the Training Floor**

- Masks must be kept on at all times unless inside the student's designated training space
- Athletes take off their shoes and place them in their shoe bag before entering the dojo
- The instructor allows athletes to enter the training area
- The instructor invites athletes one-at-a-time to move into their designated training area. This will be marked off using visible adhesive tape and number signage
- An assistant accompanies athletes who require special attention
- Athletes hold on to their shoes and bag until they are in their assigned training area
- Athletes leave their bags on marked space directly adjacent and outside of their designated training area
  - All personal belongings, such as phones, should be kept in the bag

### **Requirements during Training**

- Masks can be removed into a plastic bag once inside designated training area, otherwise masks are mandatory the whole time
- There must be no physical contact between people, unless you are from the same bubble (e.g. family member)
- The bow in at the start of the session will be done from the assigned area
- The bow out at the end of the session will be performed again from the assigned area
- Participants must have permission to leave the main training area to use the washroom in emergency situations only. Masks should be kept on and hands must be sanitized upon return.

### **Requirements after the Training session until the Exit from the Dojo**

- Staying in their marked square, athletes will pack everything into their bag and wait until any further instructions are given to exit the building
- Sanitizers will be placed in front of the exit door. Participants must exit from these doors while keeping a safe distance between others.
- Each student will be assigned one of three specific exits based on section they are assigned
- Students can only leave once instructor calls upon them to exit

### **Hygiene recommendations to be Taken upon Arrival at Home**

- Thoroughly wash your hands, scrubbing for at least 20 seconds with soap and warm water
- Take a shower or bath
- Wash the training outfit (karate-gi) and water bottle after each practice
- Disinfect your shoes, bag, record book, and any other items touched or used during the session

## **Protocol of Sanitary Requirements for Disinfecting the Dojos**

Adapted from the Karate Canada Recommended Protocols for Return to Karate Training - <https://karatecanada.org/safe-sport/>

### **Cleaning Aids**

- Disinfecting wipes
- Disinfecting aerosols recommended by the Government of Canada
- Disinfecting gels recommended by the Government of Canada
- Disposable gloves
- Mops and duster cleaning bucket
- Cleaning paper

### **Sanitation Plan**

- Sanitization will occur at the end of every training session for 15 minutes
- Refer to the table below for an outlined checklist of required sanitation tasks

<b>Area Name</b>	<b>Product Used</b>	<b>Frequency</b>	<b>Cleaned By</b>
<u>Contact points</u> (e.g. doorknobs/handles) - Washrooms - Change Rooms - Storage Rooms - Sanitation Facilities	Virucide product* General cleaning	Daily (preferably after each session)	Head instructor and assistant instructors of the building based off of what is planned and agreed with the management of the facility.
Tables and Chairs (used at Screening Table)	Classic Cleaning Products (e.g. disinfecting liquids, sprays, etc)	At the beginning and the end of the day	
<u>Floor &amp; Waiting Space</u> - Lobby/Entrance - Dojo - Bleachers	Virucide product General cleaning	Before and after each use/session	

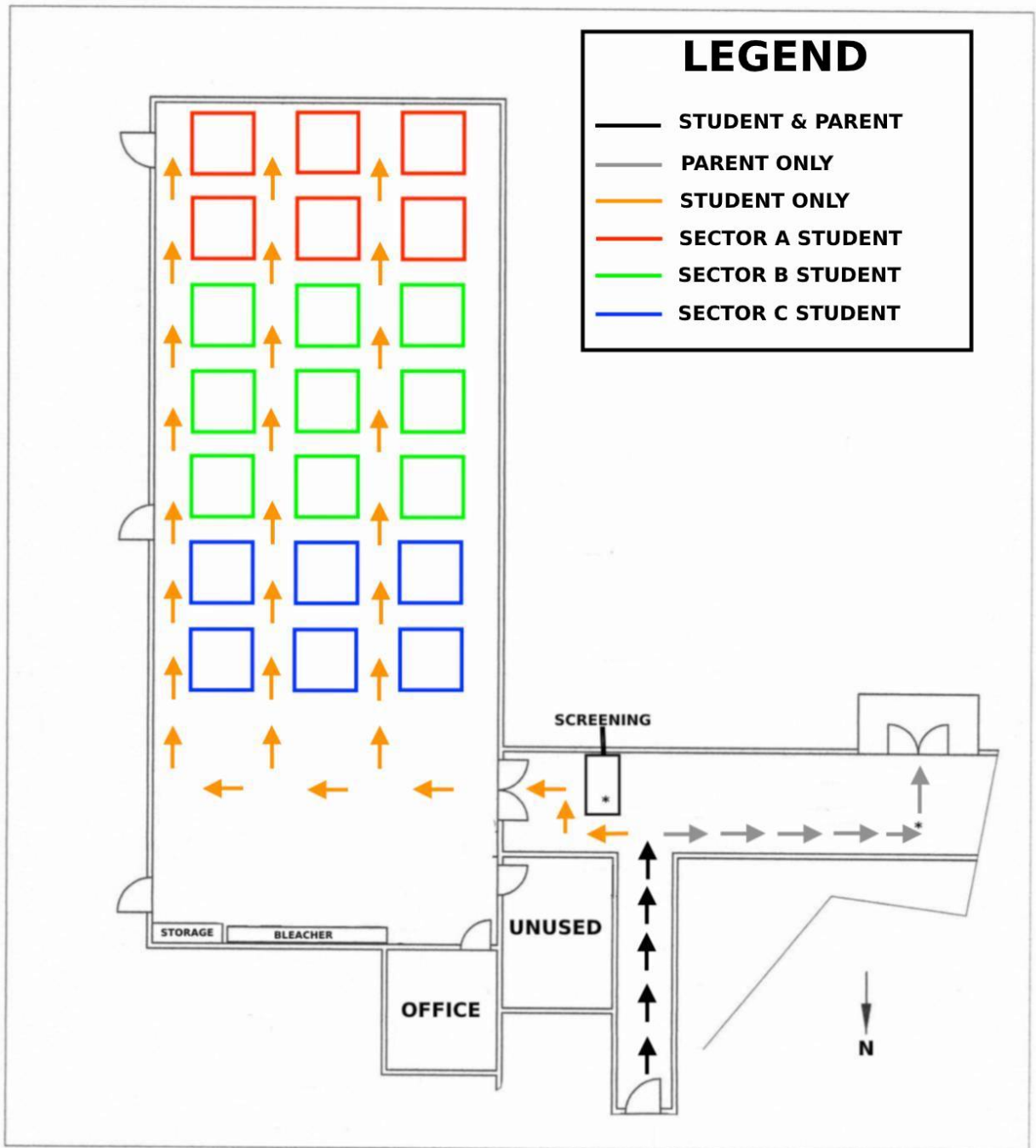
\*anti-virus product (that kills the virus)

With reference to “List of hard-surface disinfectants authorized by Health Canada” - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

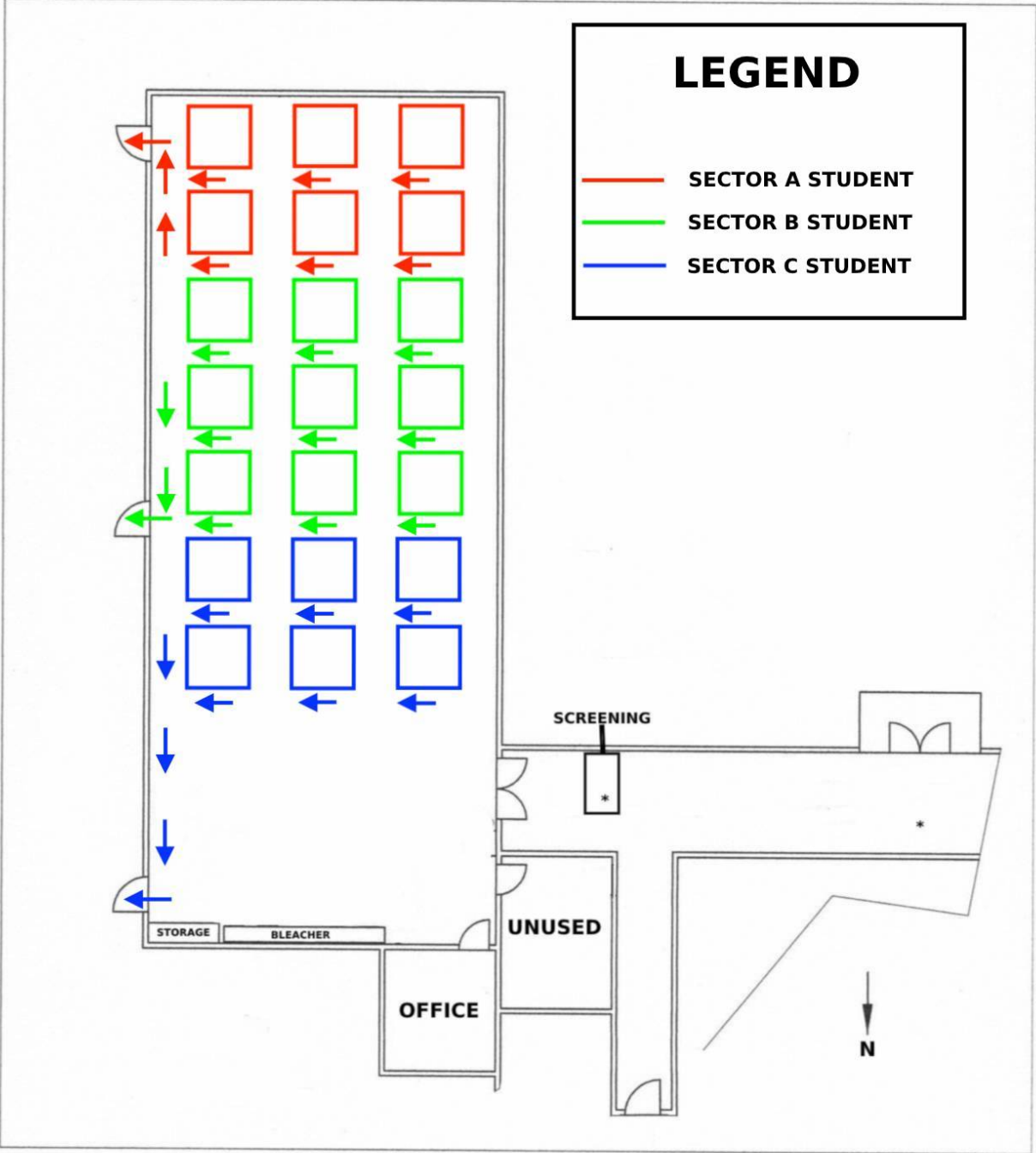
“List of hand sanitizers authorized by Health Canada” - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>

Cleaning information from the BC Centre of Disease Control - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

# FLOW OF ENTERING TRAFFIC



# FLOW OF EXITING TRAFFIC





Date:		Time of Class:	
Head Instructor:		Parent Volunteer:	
Assistant Instructor:		Parent Volunteer:	
Registration Attendant:		Parent Volunteer:	

Name:		Name:		Name:	
Square #:	1	Square #:	2	Square #:	3
Sector:	A	Sector:	A	Sector:	A
Name:		Name:		Name:	
Square #:	4	Square #:	5	Square #:	6
Sector:	A	Sector:	A	Sector:	A
Name:		Name:		Name:	
Square #:	7	Square #:	8	Square #:	9
Sector:	B	Sector:	B	Sector:	B
Name:		Name:		Name:	
Square #:	10	Square #:	11	Square #:	12
Sector:	B	Sector:	B	Sector:	B
Name:		Name:		Name:	
Square #:	13	Square #:	14	Square #:	15
Sector:	B	Sector:	B	Sector:	B
Name:		Name:		Name:	
Square #:	16	Square #:	17	Square #:	18
Sector:	C	Sector:	C	Sector:	C
Name:		Name:		Name:	
Square #:	19	Square #:	20	Square #:	21
Sector:	C	Sector:	C	Sector:	C



**Uchiage Karate Inc.**  
the "Organization"

**Daily Attestation**

**DAILY COVID-19 ATTESTATION AND AGREEMENT**

By signing below, the Participant (named below) or the Participant's Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, difficulty breathing, or shortness of breath (together, the "Known Symptoms");
3. Has not experienced any of the Known Symptoms in the last 14 days;
4. Has not travelled internationally during the past 14 days;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has experienced any of the Known Symptoms, or is self-quarantining after returning to Canada; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

**Initials of Participant or Guardian (if Participant is a minor): \_\_\_\_\_**

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any of the Known Symptoms, immediately:
  - a. inform a representative of the Organization; and
  - b. depart from the event or facility.
4. Will sanitize my hands upon entering and exiting the facility, with soap or sanitizer;
5. Will sanitize the equipment used throughout the Participant's practice with approved cleaning products provided by the Organization (shared and personal equipment);
6. Will continue to follow social distancing protocols of staying at least 2m away from others
7. Understands that if the Participant does not abide by the aforementioned guidelines and protocols, the Participant may be asked to leave the club for up to 14 days;
8. Acknowledges that continued abuse of the guidelines and/or protocols may result in suspension of the Participant's club membership temporarily; and
9. Acknowledges that there are risks associated with entering the Organization's facilities and/or participating in the Organization's activities, and that the measures taken by the Organization and participants will not entirely eliminate those risks.

**Initials of Participant or Guardian(if Participant is a minor): \_\_\_\_\_**

**FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19**

By signing below, the Participant (named below) or the Participant's Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

**Print Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
the "**Participant**" (mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The "**Guardian**" (if Participant is a minor)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Participant or Guardian for minor (mm/dd/yyyy)



Uchiage Karate Inc.  
the "Organizer"

## Event Participation Waiver

### **WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY** **PLEASE READ CAREFULLY BEFORE SIGNING.**

Completed waivers must be returned with registration or prior to attending the Organizer's event: \_\_\_\_\_ (the "Event"). This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant's Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Does not knowingly have COVID-19;
3. Is not experiencing any known symptoms of COVID-19, such as fever, cough, difficulty breathing, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
4. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has any known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
5. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event.

In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to:

- the potential for bodily injury or illness (including contraction of COVID-19);
- contact or interaction with others who may have been exposed to COVID-19;
- permanent disability, paralysis, or loss of life;
- collision with natural or manmade objects;
- dangers arising from adverse weather conditions;
- imperfect venue or field of play conditions;
- equipment failure;
- participants of varying skill levels;
- inadequate safety measures;
- circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the "Organization"); and
- negligence or omission of the Organization (collectively, the "Risks").

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant's Guardian:

- (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event;
- (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and
- (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event.

**YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

**Print Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
the "Participant" (mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The "Guardian" (if Participant is a minor)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Participant or Guardian for minor (mm/dd/yyyy)



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



**REDUCE THE SPREAD OF COVID-19**



## PHYSICAL DISTANCING IN PROGRESS

**Maintain a distance of at least  
2 arms lengths from others.**



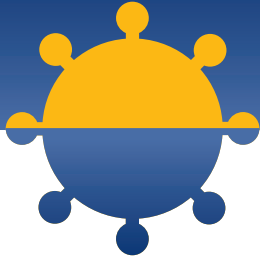
Ministry of Health



BC Centre for Disease Control

**If you have fever, a new cough, or are  
having difficulty breathing, call 8-1-1.**





# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Hand Hygiene

**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**

**Either will clean your hands: use soap and water if hands are visibly soiled.**



**Remove hand and wrist jewellery**

### HOW TO HAND WASH

- Wet hands with warm (not hot or cold) running water
- Apply liquid or foam soap
- Lather soap covering all surfaces of hands for 20-30 seconds
- Rinse thoroughly under running water
- Pat hands dry thoroughly with paper towel
- Use paper towel to turn off the tap

### HOW TO USE HAND RUB

- Ensure hands are visibly clean (if soiled, follow hand washing steps)
- Apply about a loonie-sized amount to your hands
- Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19\_HH\_001



Ministry of Health



BC Centre for Disease Control

**If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.**



# Help prevent the spread of COVID-19

In order to reduce risk of exposure to the virus that causes COVID-19, we are limiting the number of people in this space.

## Address/room/space:

4251 Moncton Street/Steveston Kendo Hall

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Occupancy limit: 27 people