



## **KARATE NEW BRUNSWICK**

### **OPERATING PLAN FOR RETURN TO KARATE DURING COVID-19**

This document was developed as a guideline to assist karate dojo leaders in New Brunswick to mitigate risk in the return to karate during the COVID-19 pandemic. The strategies provided here follow the advice and recommendations from Health Canada and the NB Provincial Government. These guidelines do not supersede or replace any requirements or recommendation from government health authorities.

As our knowledge of the virus is rapidly changing, this document may be updated to ensure that the information provided respects current medical advice. Ensure that you are applying the most up-to-date version of this document.

Dojo leaders should stay vigilant for changes to legislation and policies implemented by local health authorities and should be prepared to align their operating procedures when conditions change.

This document is organized into the Red, Orange, Yellow, and Green phases of the NB Government COVID Recovery Plan. You will need to verify which health region and which colour is applicable to your dojo and follow the guidelines therein.

Before reopening, every organization, dojo, and facility owner must have a COVID-19 operational plan in place. The plan must address, at a minimum: physical distancing, cleaning and disinfecting, hand and respiratory hygiene, and pre-screening for symptoms. Your operational plan does not have to be submitted to government but must be available upon request to the provincial government, facility owners, members, and parents.

## **REDUCING RISK OF COVID-19 SPREAD DURING RE-OPENING OF KARATE DOJOS**

### **1. RED LEVEL:**

- Only businesses or activities deemed essential and can ensure physical distancing are open.
- No social gatherings, no sports activities (no karate).

### **2. ORANGE AND YELLOW LEVELS:**

- Indoor recreational facilities, including gyms, yoga, gymnastics, and dance studios, may open if they can respect physical distancing measures.
- Low-contact sports may operate as per the guidance provided by their national and/or provincial organizations. Any sport can be considered low-contact if rules can be modified to limit the number and intensity of close contacts during play, and effectively manage distancing before, during, and after sessions.
- The opening of recreation and sport facilities is at the discretion of the facility owner. Clubs should work collaboratively with facility owners and operators to ensure that programs are delivered as safely as possible.

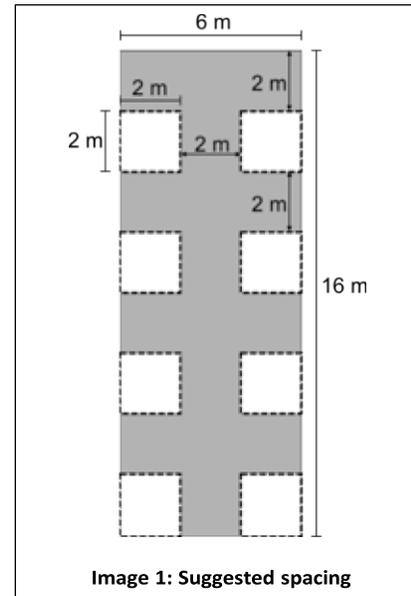
## ORANGE AND YELLOW LEVELS (CONTINUED)

### 1. Physical distancing requirements

All participants, coaches and staff should keep a physical distance of 2m apart at all times.

Athletes will need a *minimum* 2m x 2m exclusive training area. Each individual training area should be separated by an additional 2m to allow a safe distance for instructors to walk between training areas if required, and to ensure distance is maintained between athletes (see image 1).

Therefore, two training areas may not share the same boundary line. It is recommended that training areas be identified, using tape when possible to provide a visual border. Flipping tatami pieces (1 square meter puzzle mats) to a different colour may work well also. If the use of tape or coloured tatami mats is not feasible, instructors may only use drills and exercises where all members are moving in the same direction at the same time to ensure that there is no compromise of physical distancing.



It is imperative that attendees of different classes do not breach the physical distancing requirements and limits on gathering restrictions. Class schedules must include a defined 15min arrival period and defined 15 min departure period following each class. For example, if a class ends at 6:00 pm, all participants must exit the facility by 6:15 pm and participants scheduled for the 6:30 class may arrive no earlier than 6:15 pm. This additional time between classes will likely mean offering shorter classes and/or fewer classes, but it is vital to ensure both physical distancing as well as adherence to

## **ORANGE AND YELLOW LEVELS (CONTINUED)**

maximum gathering numbers. This time between classes also allows for the sanitization of the facility.

Greetings, exercises and training drills should be modified to comply with physical distancing and no physical contact. Systematic entry and dismissal are recommended. If applicable, use a separate entrance and exit, and directional markers on the floor to direct traffic.

### **2. Sanitation requirements**

It is the dojo leader's responsibility to ensure the proper sanitation of all areas within their facility. All equipment used must 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. In order to be effective, many disinfection products need a minimum amount of time to dry. This drying time should be incorporated in your time between classes. All high contact surfaces, such as doorknobs, counters and benches should be wiped before the start of every class. Gym mats and washrooms must be sanitized daily, and preferably after each session (class). In addition, every club must adhere to the sanitation requirements of their facility.

### **3. Personal hygiene requirements**

Dojo leaders should ensure that everyone who visits the dojo is aware of personal hygiene requirements. Signage and emails to members are the best ways of conveying personal hygiene requirements and help members understand the actions you are taking to reduce risk.

## **ORANGE AND YELLOW LEVELS (CONTINUED)**

Dojo members should perform a COVID-19 self-assessment [questionnaire](#) before they leave their home. To assist in compliance, dojo leaders are encouraged to email the link of their local self-assessment questionnaire to dojo members and visitors. Those who may have been exposed to COVID-19 should seek further medical attention instead of attending the dojo.

Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but should still be reinforced in the dojo.

Hand sanitizer must be available upon entry into the dojo as well as within the training areas. Hand washing sinks should be readily available and soap supplies should be regularly monitored. Athletes should arrive already in uniform. If athletes use public transit to come to training, they should wear a tracksuit over their uniform to keep it clean. Use of changerooms and showers is not recommended.

Water fountains should not be used. Athletes should bring their own labeled water bottle. It is recommended to have a periodic interruption in class for hand sanitizing depending on the level of contact between students and surfaces. Exercises that require the members to touch the mats with their hands (like push-ups) should be avoided. Members should bring their own personal yoga mat for times when hand contact on the mat cannot effectively be avoided.

Members are responsible for the daily sanitation of their personal mat.

## **ORANGE AND YELLOW LEVELS (CONTINUED)**

An instructor may choose to wear a mask when teaching to limit exposure to the members. Masks are recommended for times when 2 m distancing is not possible, like when entering or exiting the facility. All members should have a mask available for when needed.

### **4. Public gathering requirements**

Check your local health authority to ensure that you comply with maximum public gatherings limits. If your dojo has space to accommodate 12 individual training areas, but your local health authority allows public gatherings of 10 or less, then you may have 1 instructor and 9 athletes per class. Physical distancing requirements must be in place. It is recommended that all classes be drop-off and pick-up only in order to comply with the public gathering ratios. Parents should not be allowed to stay in the facility to observe class. In the special cases where parents would need to stay, they are recommended to wear a mask and stay 2m apart and they must be included in your total group size.

Accurate attendance tracking is essential. Keep good daily records of all persons who enter your dojo, with a focus on full names and times of entry. All members invited to training should live in the same region as the club.

It is recommended that a designated dojo administrator be given the role of handling the phased approach to re-opening.

## **ORANGE AND YELLOW LEVELS (CONTINUED)**

This includes keeping up to date with changes and recommendations from the provincial government, emailing members the self-assessment questionnaire before each class, collecting and monitoring attendance, and overseeing other COVID-19 related tasks.

### **Other Notes**

- You are an example of behaviour – if you take this seriously, so will your members.
- Keep dojo members informed about what you are doing to reduce risk.
- Ensure that you consider hygiene in both your public and staff-only spaces.
- Maintain an adequate amount of hygienic supplies and ensure that you have a supplier who can reliably supply you.
- COVID-19 can be spread by aerosol transmission. Ensure that you have adequate air exchange and when possible open a window to encourage fresh air circulation. Doors should be propped open whenever possible to assist with air flow and reduce the risk of contamination from opening and closing doors.
- Should a student feel or appear unwell during class, the class will be ended immediately, the student will be asked to leave. Following this, the instructor should contact their public health authority for direction and no further classes should run that day.

#### **4. GREEN LEVEL (THE NEW NORMAL)**

- A vaccine is available OR more is learned about how to protect people from the virus.
- All conditions are lifted with the exception of community face masks, which remain required to wear in public when ill.
- Return to contact sports has been approved by the provincial government.

##### **1. Physical distancing requirements**

Dojo members should be encouraged to remain respectful of personal space.

##### **2. Sanitation requirements**

It is the dojo leader's responsibility to ensure the proper sanitation of all areas within their facility. All equipment used must 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. In order to be effective, many disinfection products need a minimum amount of time to dry. This drying time should be budgeted in your time between classes. All high contact surfaces, such as doorknobs, counters and benches should be wiped before the start of every class. Gym mats and washrooms must be sanitized daily.

##### **3. Personal hygiene requirements**

Dojo leaders should continue to ensure that everyone who visits the dojo is aware of personal hygiene requirements.

Dojo members should continue to perform a COVID-19 self-assessment [questionnaire](#) before they leave their home. To assist in compliance, club/ dojo owners are encouraged to email the link of their local self-assessment questionnaire to club / dojo members and visitors. Those who may have been

## **GREEN LEVEL (CONTINUED)**

exposed to COVID-19 should seek further medical attention instead of returning to the dojo.

Basic hygiene rules such as handwashing and not touching one's face are widely publicized, but should still be reinforced in the dojo.

Hand sanitizer must be available upon entry into the club / dojo as well as within the training areas. Hand washing sinks should be readily available and soap supplies should be regularly monitored.

Water fountains should not be used, members should continue to bring their own water bottle.

There is no sharing of sparring equipment. Personal sparring gear should be sanitized frequently.

### **4. Public gathering requirement**

If your provincial government still has a limit on social gatherings, you must continue to follow it.

Accurate attendance tracking is essential. Keep good daily records of all persons who enter your dojo, with a focus on full names and times of entry.

### **Other Notes**

- You are an example of behaviour – if you take this seriously, so will your members.
- Keep dojo members informed about what you are doing to reduce risk.
- Ensure that you consider hygiene in both your public and staff-only spaces.
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- Should a student feel or appear unwell during class, the class will be ended immediately, the student will be asked to leave. Following this, the instructor should contact their public health authority for direction and no further classes should run that day.

## RETURN TO TRAINING DURING THE COVID-19 PANDEMIC CHECK LIST

- ✎ Identify your local government's current reopening phase. Refer to the most up-to-date version of this document.
- ✎ Review provincial guidelines for opening and your facilities operational plan to identify all potential risk factors within the facility and develop a plan on how to re-open within the recommended guidelines.
- ✎ Ensure you have a detailed attendance system in place.
- ✎ Prepare the facility with signage and floor markings where applicable for that phase. Consider items such as door stops to prop doors open, tape to mark out training areas, locking changeroom doors when use is not permitted and any other physical modifications for the current phase.
- ✎ Create a training plan that can be implemented in your current phase while respecting the guidelines and restrictions. Refer to this document and your provincial sport for recommendations and guidelines. Ensure all instructors understand the training plan.
- ✎ Communicate with all dojo members regarding operational changes during each phase, explaining changes such as modified class schedules, physical distancing, personal hygiene requirements, advising which amenities are not available in the current phase (changerooms, showers, water fountains, parent viewing area, etc). Advise on what to expect with regards to training during the current phase (modified greeting, modified training, staying in exclusive training areas, bringing their own mat and water bottle, drop off / pick up, etc.). Refer to this document for recommendations in each stage.
- ✎ Class schedule allows a 15-minute arrival period that does not overlap with the previous class' departure period. Class schedule allows a 15-minute departure period that does not overlap with the next class' arrival period.

- ✎ Develop a sanitation plan specific to your dojo (what areas get sanitized with which product, how often and by whom). Be specific to avoid confusion or areas getting overlooked. A check list for cleaning is recommended. Advise when any personal protective equipment should be used while cleaning.
- ✎ Ensure you have adequate inventory of cleaning supplies which are labelled as effective against viruses. All cleaning chemicals should be properly labelled and stored. Staff who will be using the cleaning chemicals must be trained in the manufacturer's usage directions.
- ✎ Hand sanitizer must readily be available upon entry and within the dojo. Keep adequate inventory to avoid running out.
- ✎ Handwashing sinks are available, and soap supplies regularly monitored.