

NANAIMO SHOTOKAN KARATE-DO ASSOCIATION

COVID-19 Response Plan – Outdoor Training

Based on [Karate Canada Recommended Protocols](#)

- Club member will perform a COVID-19 [self-assessment questionnaire](#) before coming to every training session, and will let NSKA know if they experienced any COVID-19 symptoms in the last 14 days.
- Club members agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- All individuals in attendance (students, sempais, senseis) to maintain a distance of 3m / 10 ft when training. Multiple staggered lines will facilitate this distancing. Before and after training, the required distance is 2m/ 6ft.

This is one-meter extra space than recommended by the provincial government. The rationale is scientific uncertainty around transmission during exercise, and to allow for a buffer ensuring that 2m distancing is always maintained.

- Distancing requirements apply to individuals within the same household and/or bubble.
- There will be no partner work or sparring.
- There will be no sharing of equipment (i.e. water bottles).
- Attendance will be taken at every class and sent to Jen as a record, should contact-tracing ever become necessary.
- Club member will sign a participant agreement.
- Club members will transfer dues via EFT. Cash is no longer accepted.
- Upon return from travel outside of the province of BC, members will not attend training for 14 days.