

NANAIMO SHOTOKAN KARATE-DO ASSOCIATION

COVID-19 Response Plan – Indoor Training for Youth Under 22

This document applies only to youth under the age of 22. Senior club classes continue to be cancelled.

Based on [WorkSafe BC](#) and [Karate Canada](#) Recommended Protocols

- Masks are mandatory for entering and exiting the gym, and for training (with the exception of basic technique practice). The ones with breathing vents that flap on exhale are not ok. As of November, Health Canada has started encouraging 3 layers, as well as the current 2-layer. Continue to ensure your mask is at minimum 2 layers. It needs to be tight to your face all the way around – over your nose & cheeks as well as under your chin.
- Individuals 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 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Individuals agree to stay home if feeling sick or are under Public Health orders to self-isolate, and remain home for 14 days if experiencing COVID-19 symptoms.
- Upon return from travel off Vancouver Island, members will not attend training for 14 days. If returning from outside of Canada, individuals will self-isolate for 14 days and monitor for symptoms.
- Individuals must use provided hand sanitizer at the door before entering and upon leaving the Departure Bay Activity Centre. Signage will be posted to remind individuals of this requirement.
- The maximum occupancy limit of the Departure Bay Activity Centre will be posted in the space. If the number of individuals wishing to attend exceeds this number, members will be turned away.
- The doors to the Departure Bay Activity Centre will be kept propped open to reduce the need to touch door handles and to assist with air flow.
- Members will enter through the front entrance and exit through the side entrance. Parents/guardians need to pick up juniors directly from the exit door.

- No spectators are allowed in the dojo. Parents are encouraged to walk their child(ren) to the entrance and wait outside the exit door to pick them up, keeping social distancing in mind.
- Senior youth under 22 must wait outside the dojo until the junior class has concluded.
- All individuals in attendance (students, sempais, senseis) to maintain a distance of 2.5m / 8-10 ft when training. Multiple staggered lines will facilitate this distancing, as well as cones that will be sanitized after each session. Before and after training, the required distance is 2m/ 6ft.
- 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 Jenn as a record, should contact-tracing ever become necessary. This record will also include parents/guardians who watch the juniors train.
- All individuals at training should live in the same mid-island geographic region in which the club is located (i.e. no visitors).
- If First Aid is necessary, it will be delivered in the fashion described in the [OFAA COVID-19 Protocols](#).
- Club member will sign a participant agreement.
- Club members will transfer dues via EFT. Cash is no longer accepted.