

NANAIMO SHOTOKAN KARATE-DO ASSOCIATION

COVID-19 Response Plan – Indoor Training at Departure Bay School

Based on School District 68, [viaSport](#), and [BC CDC](#) protocols.

- Vaccinations are not required for those under 21. Adults (22+) must be fully vaccinated in order to participate in training. Youth may train with adults by permission of the senseis, but are subject to the same vaccination requirements as those 22+.
- Masks will be required in all indoor school settings for those 5 years of age and older (i.e., when entering and exiting the building, in all common areas, and in washrooms). Masks may be removed temporarily to participate in an exercise activity or sport. Mask use during sporting activities is left to the participants' personal choice. Other exceptions to the mask policy include:
 - A person who cannot tolerate wearing a mask for health or behavioral reasons
 - A person unable to put on or remove a mask without the assistance of another person
 - If the mask is removed temporarily for the purposes of identifying the person wearing it
 - If a person is eating or drinking
 - If a person is behind a barrier
 - While providing a service to a person with a disability or diverse ability where visual cues, facial expressions and/or lip reading/movements are important
- All participants must perform a [daily health check](#) for signs and symptoms of illness prior to entering the facility. If any signs and/or symptoms of illness are present, the participant must stay home and not attend.
- Individuals will follow provincial guidelines to isolate if they contract or suspect they have contracted COVID. For individuals that are fully vaccinated, this is 5 days AND until your symptoms improve AND you no longer have a fever. For individuals that are not fully vaccinated, this is 10 days AND until your symptoms improve AND you no longer have a fever.
- Individuals must use provided hand sanitizer at the door before entering and upon leaving Departure Bay School.
- The doors to the Departure Bay School will be kept propped open to reduce the need to touch door handles and to assist with air flow.

- Spectators are allowed in the dojo, but must provide proof of vaccination if 12+. Each spectator will be provided a seat which must be placed in a way as to use all available viewing space (i.e., maintain distance).
- 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. This record will be kept for a minimum of 45 days.
- 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.
- if an attendee has a potential exposure to COVID, it must be reported to Brianna Day, Facilities Rental Coordinator, (brianna.day@sd68.bc.ca), with a copy to Paul Kingsbury, Operations Manager (paul.kingsbury@sd68.bc.ca) and Will Dirksen, Manager of Occupational Safety & Wellness (will.dirksen@sd68.bc.ca).