

# **NANAIMO SHOTOKAN KARATE-DO ASSOCIATION**

## **Communicable Disease Response Plan**

A communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted from one person to another. These diseases can be spread in various ways, such as through the air, contact with contaminated substances or surfaces, or from bites from animals or insects. Examples of communicable diseases that may circulate in the dojo include COVID-19, seasonal flu, and norovirus.

*Based on the BCCDC's [Communicable Disease Control Manual](#) and [WorkSafe BC](#):*

- Stay home when you are sick (e.g. fever and/or chills, recent onset coughing, diarrhea).
- If you begin to feel sick while at training, notify your instructor and go home.
- Follow appropriate hygiene practices:
  - Wash or sanitize your hands well and often;
  - Cough or sneeze into your elbow or a tissue, wash your hands after;
  - Do not share drinks or food;
  - Avoid touching your eyes, nose and mouth with unwashed hands; and
  - Follow guidance and notices issued by the provincial health officer and medical health officer for our region.