



# Cornwall Karate Club

## Cornwall Karate Club COVID-19 Operational Plan, 2021-2022 Karate Year

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*Revision 2: October 02, 2021*



# Cornwall Karate Club

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# Cornwall Karate Club

## Objective

To enable a safe return to karate for the 2021-2022 karate year in compliance with all National Sports Organisation (Karate Canada), Provincial Sports Organisation (Karate PEI) and Provincial Department of Health (Chief Public Health Office, CPHO) regulations.

## Scope

This operational plan pertains to all in-person classes conducted by the Cornwall Karate Club. The Cornwall Karate Club practices at the East Wiltshire Intermediate School, at 100 Kingston Rd in Cornwall, PEI. The primary focus of this document is our operations at our regular location and times, but it applies, with appropriate modifications, to club-sanctioned events at any site.

## High-Level Principles

This operational plan will be conducted in full accordance with the evolving guidances from Karate Canada, Karate PEI and CPHO. All practices in the dojo will be at least as stringent as these recommendations. Any change in these recommendations will result in an immediate shift in practices to comply with the change, as well as a new revision to this operational plan as soon as possible.

### **PEI CPHO Organized Recreational Activities and Team Sports Guidance:**

<https://www.princeedwardisland.ca/en/information/health-and-wellness/public-health-measures-guidance-summer-2021>

### **Karate Canada Recommended Protocols for Return to Karate Training:**

<https://karatecanada.org/recommended-protocols-for-return-to-karate-training/>

**The Karate PEI guidance** is provided in the Attachments to the electronic version of this document.

This Operational Plan is aligned with the Step 4 restrictions of the Prince Edward Island Moving Forward plan and the currently posted provincial guidelines.

No-medical face masks will be required for all instructors, participants and observers, except for water breaks, where physical distancing between members of different family groups will be practiced.



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## Physical Distancing Requirements

Students will be lined up with a physical separation of at least 2 m, except when performing partner exercises. Partner exercises may be performed without physical distancing, but masks are required for grappling exercises.

Partner exercises will be organised in such a way as to keep the same partner as much as reasonably possible for each class.

When present in class and not engaged in class activities, such as during breaks for water or entering and exiting, the normal provincial guidance for large gatherings will be followed. The upper occupancy limit for the dojo is set at **50 people**, based on the available space and desired spacing of students when in line. Provincial guidance allows up to 100 people for organised indoor activities. Students plus instructors and observers will remain within the provincial guidance with physical distance between family groups observing.

Attendees who are not part of a group of people who are in ordinary close contact with each other are asked to attempt to physically distance during activities like arriving and departing class, and water breaks.

Observers such as parents will be permitted as space permits, but any seating for observers should allow family groups to be physically distanced from each other, and the number of observers may be capped to stay within the room limit, as outlined above.

## Class Configuration

The gym is approximately 22 m in width and 30 m in length, 15 m from the central divider, which the school closes when two groups are using the gym. There are bleachers that can extend a variable width, up to about 4 m, but in this configuration, they will not be fully extended and only 2 m will be reserved for seating. See the below figure for the overall configuration, which assumes the far half of the gym is used, this configuration is simply mirrored for the near half.

As the school frequently uses half of the gym for practices, the standard class configuration will plan to use only one half of the gym, with the bleachers partially extended to leave 20 m of width. The second half of the gym will only be used if there is no practice using that section and the divider is open, for break out groups, that will adhere to the same distancing configuration of the main group. The maximum occupancy will not increase when the second half of the gym is available.

A 2 m strip will be reserved in front of the bleachers to allow pedestrian traffic without imposing on any student bubbles. A 3 m strip at the front of the class (“shomen”) and a 2 m strip at the back of the class will be reserved for the instructors to move around the class.



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## Class Size and Occupancy Limit

With these space reservations, there is room in the student area for five rows of nine students with a 2 m separation between students standing in line. However, in order to have room for moving exercises, the maximum row length will be eight students, and the maximum number of rows will be four. Therefore, the maximum number of students who will be accommodated is **32**.

The number of instructors, students and observers cannot exceed the registered room limit of **50**, and all family groups observing must be able to physically distance from one another in the bleachers. Families will be asked to limit the number of observers per family as much as possible.

## Class Schedule

Class is on Wednesday and Friday evenings. Each day will have the identical class schedule. The time we have available is 6:30 pm to 8:30 pm, however, school activities are expected to go right to 6:30 pm, so 6:30 pm – 6:45 pm will be reserved for the school group to leave and 6:45 pm – 7:00 pm will be reserved for the class to arrive.

### Class 1: Juniors

**Time:** 7:00 pm – 7:45 pm

Students should arrive no earlier than 6:45 pm and must take care to physically distance while waiting for access to the gym and during entry. Class will start at 7:00 pm sharp and end at 7:45 pm sharp.

### Class 2: Seniors

**Time:** 7:00 pm – 8:30 pm

This class will be held concurrently with the junior class, with the focus during the junior time on junior activities. At 7:45 there will be a pause to allow the juniors to leave while maintaining physical distancing while the senior stay. The remainder of the class will focus on senior activities. Class will end at 8:30 pm sharp, and all attendees are required to vacate the site by 8:45 pm.

## Vaccination Requirement

As of Oct. 05/21, the Province of Prince Edward Island requires all attendees at sporting events and classes age 12 and up to be fully vaccinated. Participants ages 12-18 must be vaccinated if there are participants are 19+ present, which given the presence of instructors is guaranteed to be the case.

<https://www.princeedwardisland.ca/en/information/health-and-wellness/for-businesses-services-and-events-important-information>



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Cornwall Karate will comply by creating a register of attendees, both participants and spectators. An instructor or volunteer will write down the names of all attendees and confirm which are ages 12 and up; for those ages 12 and up, the club representative will verify that the attendee is fully vaccinated as per the definition of CPHO (a full course of a Health Canada-approved vaccine or a mixture thereof, plus 14 days).

Verification is not required for drop off and pick up but is required to sit in to observe the class, and is required of all participants, instructors and volunteers.

The attendance register will serve as proof of compliance if required by CPHO or the school, and prevent the need to repeatedly check attendees who have already been verified.

## Non-Medical Face Masks

Non-medical facemasks are required to be worn at all times by students, instructors and spectators, except during water breaks, when physical distancing between people not in the same family group will be observed. There is no specific requirement around type of mask, other than that masks with non-filtered exhalation vents are not permitted. Surgical-type or sports masks are recommended as these may afford the greatest comfort during exercise.

## Uniforms and Change Rooms

Junior class students are required to come to class already wearing their uniforms (karate gi) or comfortable exercise clothing. Senior class students and instructors may use the change rooms on site, but the maximum occupancy for change rooms is four people at a time, physical distancing is required, and mask wearing is required.

## Water, Equipment and Sanitation

Students are requested bring their own water bottle, as access to water fountains cannot be assured.

The club will ensure that a sanitisation solution for surfaces as well as paper towel is available during class to sanitise surfaces and equipment. Hand sanitizer will also be provided. Students may bring their own hand sanitizer as desired.

If shared equipment such as focus pads is used for an exercise, students will be given an opportunity to sanitise their hands after the exercise.

High-touch surfaces like doorknobs will be sanitized before, between and after classes. Contact will be minimised as much as possible will be avoided by propping open the gym doors. Students will be asked to sanitise their hands before and after class.



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## Bathrooms

Bathrooms will be available for student, spectator and instructor use. Students are expected to practice physical distancing when using a multiple occupancy bathroom and must wear a mask when moving through the school outside the gym area. If the only bathroom with convenient access is single-gendered due to the divider being present, the bathroom will be treated as unisex and single-occupancy during class.

## Health Monitoring and Illness

All class attendees (students, instructors, observers) are asked to perform the PEI covid self-assessment prior to attending each class and ensure they do not have symptoms of covid before attending. No one with covid-like symptoms such as elevated temperature or persistent dry cough will be permitted in the dojo. A negative covid test is not sufficient, there must be an absence of symptoms.

<https://www.princeedwardisland.ca/en/service/self-assessment-for-covid-19>

## Communications

The requirements and expectations for class attendees will be communicated to attendees in advance of any class attendance via the mandatory email mailing list. All families with students in attendance must have a family member on the list monitoring communications. A copy of this operational policy will be kept in the dojo during class time, and an electronic copy will be posted on our web site (<https://www.cornwallkarate.ca/page/covid-19-operational-plan/>). Any policy changes will be communicated to the group and the operational plan updated.

Instructors will verbally communicate expectations to the students and monitor the class for continued compliance. Signs will be put up at the entrance during class time communicating any special instructions required of participants on entry as permitted by the venue.

## Contact Tracing

A contact tracing form will be required at each class. In accordance with CPHO rules, one member of each party must fill in the contact tracing register. A full list of all attendees is not required. These records will be kept for not less than 28 days, or two full incubation cycles, and will be turned over to CPHO or shown to an inspector from CPHO on request. These forms will include both primary phone and email contacts of the student or guardian to facilitate the work of contact tracers, should contact tracing be necessary.

## Revision History


- Revision 0:



# Cornwall Karate Club

- Initial revision for 2021/22 karate year.
- Revision 1:
  - Reintroduced the requirement for full masking during training.
- Revision 2:
  - Added vaccination register for compliance with the PEI Vax Pass program for sporting events and classes.

## Attachments

Description	File
Karate PEI Covid Guidance	 COVID19 Karate back to training.docx