



# Cornwall Karate Club

## Cornwall Karate Club COVID-19 Operational Plan, 2020-2021 Karate Year

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*Revision 6: November 27, 2020*



# Cornwall Karate Club

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## Objective

To enable a safe return to karate for the 2020-2021 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/organized-recreational-activities-and-team-sports-guidance>

### **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.

The current Provincial restrictions on sports and gatherings are aligned with the Karate Canada and Karate PEI Phase 2 opening criteria, official on Oct. 01.

Physical distancing will be maintained as per the Phase 2 criteria. Non-medical masks (reusable or disposable) will be required for all students and instructors medically able to wear a mask, including while exercising. Exercises will initially be restricted to forms (katas), drills and distanced partner exercises that do not require contact, and once that has been established, the option to create training partner bubble groups for partner exercises as per the guidance will be evaluated.



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## Physical Distancing Requirements

Each student requires a 2 m separation during regular class activities. Class activities will be organised in such a way as to help maintain this separation.

Partner exercises must be performed with a 2 m separation. Optionally, training bubbles of up to three people may be created who are allowed to perform contact partner exercises including bunkai and kumite.

Plastic pylons will be used to help guide students to line up with the proper separation.

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 regular 2 m physical distancing requirement will be maintained. The upper occupancy limit for the dojo is set at **42 persons**, as justified and explained in detail below.

Activities such as breaks for water and entering and exiting the dojo at the beginning and end of class, will be done in at a slow, steady pace with a small number moving at the time to prevent people from violating social distancing.

Between classes, there will be a 30 min period between to allow 15 minutes for the first group to leave and 15 minutes for the second group to arrive, and students will be asked to be on time.

People from the same family, or otherwise in the same bubble, will be permitted to not physically distance in the dojo outside of training activities.

Observers such as parents will be permitted as space permits, but any seating for observers will respect physical distancing as outlined above, and the number of observers will be capped to stay within the room limit, as outlined above.

Because of the limits on movements and behaviours, parents will be asked to leave children not able to sit quietly for the duration of the class at home. Drop off and pickup, as opposed to staying for the class, is encouraged.

## 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.

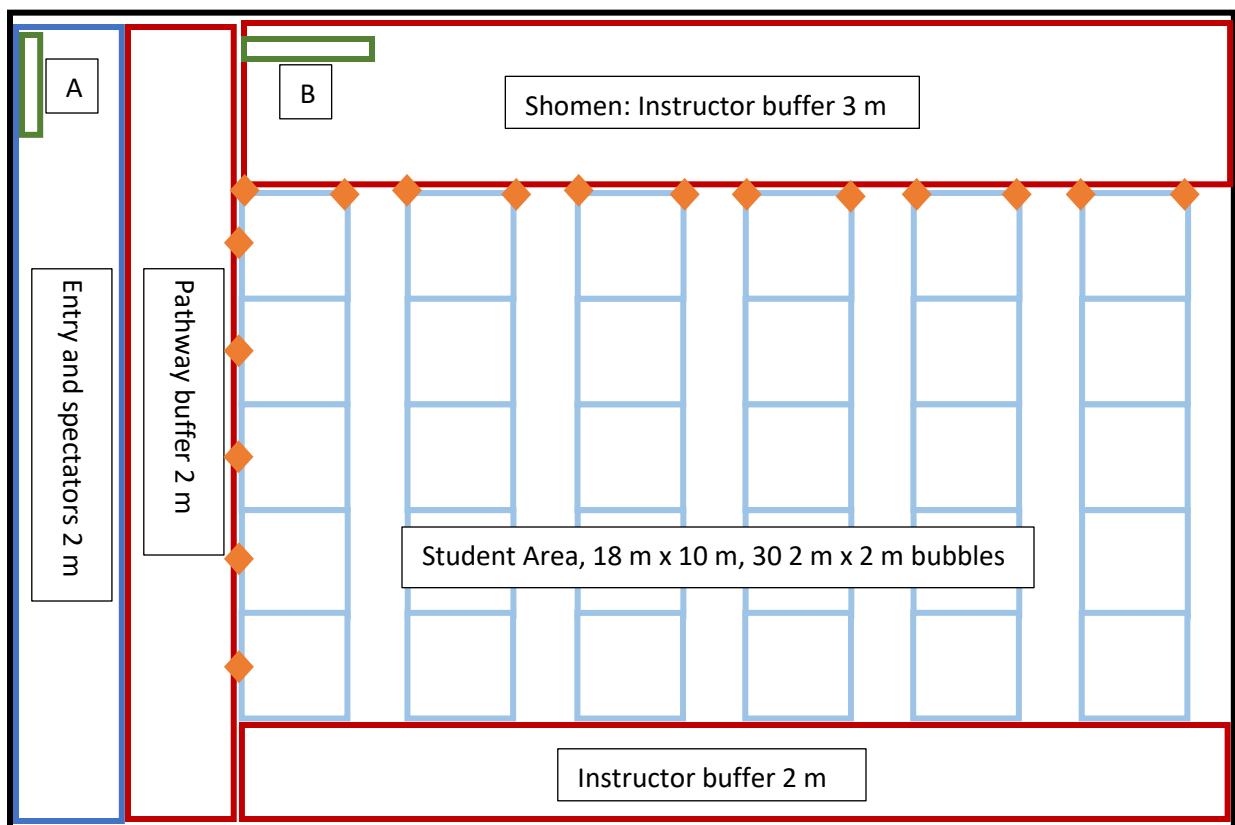


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As the school frequently uses half of the gym for practices, the standard class configuration will plan to use only one half of the gym, with the bleachers partially extended to leave 20 m of width. The second half of the gym will only be used if there 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. The green boxes labeled A and B are the entryway and the bathroom door respectively. The bottom green line represents the midway divider.

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.

The light blue squares mark individual student line up positions/training bubbles, each with a student lining up in the centre. Pylons (indicated with orange diamonds below) will be placed along the edges of the room to guide students to their line up positions and to give a visual guidance to what constitutes a 2 m separation. Paths 1 m wide will be reserved as a safety margin and for instructor movement if necessary. This allows for 30 student placements.





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## Class Size and Occupancy Limit

There will be no more than 30 students per class because the physical configuration only has 30 student placements. There will be no more than three instructors who are not also students in attendance per class, utilizing the instructor buffer zones to move around the class. Spectators will be limited to no more than three family groups, given a 2 m seating zone with 2 m separations from other family seating zones. The total limit on spectators will be set to nine.

Therefore, **the maximum occupancy per class is 42**.

## 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 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.

## Non-Medical Face Masks

Students, instructors, and observers over the age of 2 who are medically able to wear a non-medical face mask will be required to do so while in the dojo except when taking a drink. Both reusable and disposable are permitted. For older students who will work out more vigorously, we recommend considering purchasing a face mask specifically designed for sport, for a more comfortable experience. The club cannot commit to having disposable face masks available to give to students, although some may be available on a discretionary basis should a student forget their mask or need to change a mask. Students are required to bring their own.



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The following styles of mask are not permitted:

- Masks with exhalation vents, as this defeats the purpose of protecting others.
- Bandanas and “neck gaiters,” as there is preliminary evidence that these styles of masks are less effective or may actually be counter-productive, until such time as there is more evidence to resolve the efficacy of these mask styles.

## Uniforms and Footwear

Students are required to come to class already wearing their uniforms (karate gi). Changing on site is not permitted, in order to limit any scope for physical distancing to be violated, and to work with the limited time allowed by other aspects of compliance.

It is permissible for students to wear non-marking sports shoes, or some other footwear with grip like yoga socks.

## Yelling (Kiai)

Karate is normally performed with strong breathing and yells at certain points in the practice of forms (kiai). Where covid is known to spread on respiratory droplets, this practice potentially increases risk. Students will be asked to modify these techniques to make them relatively quietly as a mitigation, along with physical distancing and mask requirements, detailed in other sections.

## Water, Equipment and Sanitation

Students must bring their own water bottle.

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 are encouraged to bring their own hand sanitizer as desired.

If any shared equipment is used, it will be sanitised after use before anyone else uses it. However, that said, the configuration of the class with physical distancing makes the use of shared equipment an unlikely occurrence.

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

Students, instructors, and observers will be allowed to go to the bathroom on premises. The bathrooms in the gym are normally single gendered and multiple occupancy. In order to facilitate physical distancing and reduce unnecessary movement, the bathroom will be treated as single-occupancy and unisex. An “Occupied” sign will be available to hang on the door. All attendees are strongly encouraged to go before they come to class to avoid needing to use the facilities.

## Health Monitoring and Illness

All class attendees (students, instructors, observers) must 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. Attendance will be taken, including instructors and observers, although persons merely dropping off students and picking them up will not be recorded. 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.





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## Revision History

- Revision 0:
  - Initial draft, does not contain any venue-specific information such as specific occupancy limits.
- Revision 1:
  - Changes specific to operating at East Wiltshire Intermediate School, specific space configuration and flows still to come.
- Revision 2:
  - Removed statement forbidding possibility of partner exercises with members of the same household, as CPHO permits this practice.
  - Added list of non-permitted non-medical face masks.
  - Changes to reflect specific space configuration, including maximum numbers and class times.
- Revision 3:
  - Adjusted size of instructor buffer to 3 m to fully utilise space.
  - Adjusted class start to 7:00 pm to allow 30 minutes for school activities to vacate and karate attendees to arrive.
  - Junior and Senior classes are proposed as concurrent with the Juniors leaving partway through the class.
- Revision 4:
  - Adjusted bubble size to 2 x 2 m with 2 m separations, as the Karate Canada guidance was previously interpreted too conservatively. This permits up to 15 students.
- Revision 5:
  - Based on new Karate PEI guidance coming out, the following adjustments have been made:
    - Corridors between students no longer required. Removed the corridors between lines of students, and reduced corridor size side-to-side to 1 m as a buffer and to allow some instructor movement if needed.
    - Based on this, raised max students to 30.
    - Raised max observers to nine, in three family groups socially distanced.
    - Therefore, raised max attendance to 42.
    - Allowed for the formation of “training bubbles” of up to 3 people who are allowed to do close in training like bunkai and kumite while masked.
- Revision 6:
  - First effective version
  - Remove requirement for footwear
  - Allow for touching floor



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## Attachments

| Description               | File  |
|---------------------------|---|
| Karate PEI Covid Guidance | <br>COVID19 Karate back to training.docx |